

PSHE Curriculum Map 2023-24

At Chatsworth and Burnt Oak, we use the Cambridgeshire PSHE Scheme of Work.



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Myself & My Relationships	Citizenship	Citizenship	Myself & My Relationships	Healthy & Safer Lifestyles	Healthy & Safer Lifestyles
	<i>Beginning & Belonging</i>	<i>Identities & Diversity</i>	<i>Me & My World</i>	<i>My Emotions</i>	<i>Healthy Lifestyles</i>	<i>My Body & Growing Up</i>
Reception	<p>How am I special and what is special about other people in my class?</p> <p>What have I learnt to do and what would I like to learn next?</p> <p>How do we welcome new people to our class?</p> <p>What can I do to make the classroom a safe and happy place?</p> <p>How can I play and work well with others?</p> <p>How can I show I am listening to an adult?</p>	<p>Who are the people in my class and how are we similar to and different from each other?</p> <p>Who are the people in my family, and who are the people in other families?</p> <p>What things are especially important to my family and me?</p> <p>What are some of the similarities and differences in the way people including families live their lives?</p> <p>How can we value different types of</p>	<p>Who are the people who help to look after me and my school?</p> <p>How can I help to look after my school?</p> <p>How can I help to care for my things at home?</p>	<p>Can I recognise and talk about my feelings?</p> <p>Can I recognise emotions in other people and say how they are feeling?</p> <p>Do I know what causes different emotions in myself and other people?</p> <p>How do I and others feel when things change?</p> <p>Do I know simple ways to make myself feel better?</p> <p>How can I help to make other people feel better?</p>	<p>What things can I do when I feel good and healthy?</p> <p>What can't I do when I am feeling ill or not so healthy?</p> <p>What can I do to help keep my body healthy?</p> <p>Why is food and drink good for us?</p> <p>How can I make healthier choices about food?</p> <p>What is exercise is and why is it good for us?</p> <p>Why is rest and sleep good for us?</p>	<p>What does my body look like?</p> <p>How has my body changed as it has grown?</p> <p>What can my body do?</p> <p>What differences and similarities are there between our bodies?</p> <p>How can I look after my body and keep it clean?</p> <p>How am I learning to take care of myself and what do I still need help with?</p> <p>Who are the members of my</p>

	What can help me to follow instructions?	people including what they believe in and how they live their lives? How do we celebrate what we believe in and how is this different for different people?		What could I do when things are difficult for me?		family and trusted people who look after me? How do I feel about growing up?
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Myself & My Relationships	Myself & My Relationships	Healthy & Safer Lifestyles	Citizenship	Healthy & Safer Lifestyles	Healthy & Safer Lifestyles
	<i>Beginning & Belonging</i>	<i>My Emotions</i>	<i>Managing Safety & Risk</i>	<i>Working Together</i>	<i>Managing Safety & Risk</i>	<i>Sex & Relationships</i>
Year 1	Do I understand simple ways to make sure my school is a safe, happy place? How can I get to know the people in my class? How do I feel when I am doing something new? How can I make someone feel welcome in class? What helps me manage in new situations?	What am I good at and what is special about me? How can I stand up for myself? Can I name some different feelings? Can I describe situations in which I might feel happy, sad, cross etc? How do my feelings and actions affect others? How do I manage some of my	What are risky situations and how can I keep myself safer? How do I feel in risky situations? What is my name, address and phone number and when might I need to give them? What is an emergency and who helps? How can I help in an emergency?	What am I and other people good at? What new skills would I like to develop? How can I listen well to other people? How can I work well in a group? Why is it important to take turns? How can I negotiate to sort out disagreements?	Where are the safer places I can play? What are the risks for me in using the roads, and how can I stay safe? What are the risks for me in the sun and how can I stay safe? What are the risks for me near water and how can I stay safe? What are the risks for me if I am lost and how can I stay	What are the names of the main parts of the body? What can my amazing body do? When am I in charge of my actions and my body? How can I keep my body clean? How can I avoid spreading common illnesses and diseases?

	Who can help me at home and at school?	emotions and associated behaviours? What are the different ways people might relax and what helps me to feel relaxed? Who do I share my feelings with?		How are my skills useful in a group? What is a useful evaluation?	safe? What are the best ways to keep safe from accidents?	



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Myself & My Relationships	Citizenship	Citizenship	Healthy & Safer Lifestyles	Myself & My Relationships	Healthy & Safer Lifestyles
	<i>Family & Friends</i>	<i>Rights, Rules & Responsibilities</i>	<i>Diversity & Communities</i>	<i>Personal Safety</i>	<i>Managing Change</i>	<i>Sex & Relationships Drug Education</i>
	Can I describe what a good friend is and does and how it feels to be friends? Why is telling the truth important? What skills do I need to choose, make and develop friendships? How might	How do rules make me feel happy and safe? How do I take part in making rules? Who looks after me and what are their responsibilities? What jobs and responsibilities do I have in school and at home? Can I listen to other	What makes me 'me', what makes you 'you'? Do all boys and all girls like the same things? What is my family like and how are other families different? What different groups do we	Can I describe my home and neighbourhood? Who are the people who help keep me safer? Who could I talk to if I felt unsafe or unsure? Do I understand what good and bad secrets might be?	How are my achievements, skills and responsibilities changing and what else might change? How might people feel during times of loss and change? How do friendships change? What helps me to feel calmer when I am experiencing	How do babies change and grow? How have I changed since I was a baby? What's growing in that bump? What do babies and children need from their families? Which stable,

	<p>friendships go wrong, and how does it feel?</p> <p>How can I try to mend friendships if they have become difficult?</p> <p>What is my personal space and how do I talk to people about it?</p> <p>Who is in my family and how do we care for each other?</p> <p>Who are my special people, why are they special and how do they support me?</p>	<p>people, share my views and take turns?</p> <p>Can I take part in discussions and decisions in class?</p>	<p>belong to?</p> <p>What is a stereotype and can I give some examples?</p> <p>Who helps people in my locality and what help do they need?</p> <p>What does 'my community' mean and how does it feel to be part of it?</p> <p>How do people find out about what is happening in my community?</p> <p>How do we care for animals and plants?</p> <p>How can I help look after my school?</p>	<p>What can I do if someone tries to persuade me?</p> <p>Can I recognise and describe 'yes' and 'no' feelings and "I am not sure" feelings?</p> <p>How can I get the attention of an adult if I need to?</p>	<p>strong emotions linked to loss and change?</p> <p>How might people feel when they lose a special possession?</p> <p>When can I make choices about changes?</p>	<p>caring relationships are at the heart of families I know?</p> <p>What are my responsibilities now I'm growing up?</p> <p><u>Drug Education</u> Which substances might enter our bodies, how do they get there and what do they do?</p> <p>What are medicines and why and when do some people use them?</p> <p>When and why do people have an injection from a doctor or a nurse?</p> <p>Who is in charge of what medicine I take?</p> <p>What different things can help me feel better if I feel poorly? How can I keep safe with medicines and substances at home and at</p>
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						school? What is persuasion and how does it feel to be persuaded?
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Myself & My Relationships	Myself & My Relationships	Citizenship	Citizenship	Healthy & Safer Lifestyles	Healthy & Safer Lifestyles
	<i>Beginning & Belonging</i>	<i>My Emotions</i>	<i>Rights, Rules & Responsibilities</i>	<i>Working Together</i>	<i>Managing Safety & Risk</i>	<i>Sex & Relationships</i>
	<p>What is my role in making my school a place where we can learn happily and safely?</p> <p>How can we build relationships in our class and how does this benefit me?</p> <p>What does it feel like to be new or to start something new?</p> <p>How can I help children and adults feel welcome in school?</p> <p>What helps me</p>	<p>Why is it important to accept and feel proud of who we are?</p> <p>What does the word 'unique' mean and what do I feel proud of about myself?</p> <p>Why is mental wellbeing as important as physical wellbeing? How can I communicate my emotions?</p> <p>Can I recognise some simple ways to manage difficult</p>	<p>What does it mean to be treated and to treat others with respect?</p> <p>Who are those in positions of authority within our school and communities and how can we show respect?</p> <p>Why do we need rules at home and at school?</p> <p>What part can I play in making and changing rules?</p> <p>What do we mean</p>	<p>What am I good at and what are others good at?</p> <p>What new skills would I like or need to develop?</p> <p>How well can I listen to other people?</p> <p>How do I ask open questions?</p> <p>How can I share my views and opinions effectively?</p> <p>How can different people contribute to a group task?</p> <p>How can I</p>	<p>How do I feel in risky situations and how might my body react?</p> <p>Can I make decisions in risky situations and might my friends affect these decisions? When might I meet adults I don't know & how can I respond safely?</p> <p>What actions could I take in an emergency or accident and how can I call the emergency services?</p>	<p>How are male and female bodies different and what are the different parts called?</p> <p>When do we talk about our bodies, how they change, and who do we talk to?</p> <p>What can my body do and how is it special?</p>

	<p>manage a new situation or learn something new?</p> <p>Who are the different people in my network who I can ask for help?</p>	<p>emotions?</p> <p>What does it mean when someone says I am "over reacting" and how do I show understanding towards myself and others?</p> <p>How do my actions and feelings affect the way I and others feel?</p> <p>How do I care for other people's feelings?</p> <p>Who can I talk to about the way I feel?</p> <p>How can I disagree without being disagreeable?</p>	<p>by rights and responsibilities?</p> <p>What are my responsibilities at home and at school?</p> <p>How do we make democratic decisions in school?</p> <p>What is a representative and how do we elect them?</p>	<p>persevere and overcome obstacles to my learning?</p> <p>How can I work well in a group?</p> <p>What is useful evaluation?</p> <p>How do I give constructive feedback and receive it from others?</p>	<p>What are the benefits of using the roads and being near water and how can I reduce the risks?</p> <p>How is fire risky and how can I reduce the risks?</p> <p>How do I keep myself safe during activities and visits?</p> <p>How can I stop accidents happening at home and when I'm out?</p>	
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	Myself & My Relationships	Healthy & Safer Lifestyles	Healthy & Safer Lifestyles	Citizenship	Healthy & Safer Lifestyles	Healthy & Safer Lifestyles
	<i>Family & Friends</i>	<i>Sex & Relationships (Personal Hygiene)</i>	<i>Drug Education</i>	<i>Diversity & Communities</i>	<i>Personal Safety</i>	<i>Sex & Relationships</i>
	<p>How do good friends behave on and offline and how do I feel as a result?</p> <p>What is a healthy friendship and how does trust play an essential part?</p> <p>What skills do I need for choosing, making and developing friendships and how effective are they?</p> <p>How can I help to resolve disagreements positively by listening and compromising?</p> <p>Can I empathise with other people in a disagreement?</p> <p>How can I check with my friends</p>	<p>Why is it important to keep myself clean?</p> <p>What can I do for myself to stay clean and how will this change in the future?</p> <p>How do different illnesses and diseases spread and what can I do to prevent this?</p>	<p>What medical & legal drugs do I know about, and what are their effects?</p> <p>Who uses and misuses legal drugs?</p> <p>Why do some people need medicine and who prescribes it?</p> <p>What are immunisations and have I had any?</p> <p>What are the safety rules for storing medicine and other risky substances?</p> <p>What should I do if I find something risky, like a syringe?</p> <p>What do I understand about how friends and the media persuade and influence me?</p>	<p>What have we got in common and how are we different?</p> <p>How might others' expectations of girls and boys affect people's feelings and choices?</p> <p>How are our families the same and how are they different?</p> <p>Do people who live in my locality have different traditions, cultures and beliefs?</p> <p>How does valuing diversity benefit everyone?</p> <p>Why are stereotypes unfair and how can I challenge them?</p> <p>How do people in my locality benefit from being part of</p>	<p>How do I recognise my own feelings and communicate them to others?</p> <p>Which school/classroom rules are about helping people to feel safe?</p> <p>Can I recognise when my Early Warning Signs are telling me I don't feel safe?</p> <p>What qualities do trusted adults and trusted friends have?</p> <p>Who is on my personal network and how can I ask them for help?</p> <p>What could I do if I feel worried about a friendship or family relationship?</p> <p>What sort of physical contact do I feel</p>	<p>What are the main stages of the human life cycle?</p> <p>Science</p> <p>How did I begin?</p> <p>What does it mean to be 'grown up'?</p> <p>What am I responsible for now and how will this change?</p> <p>How do different caring, stable, adult relationships create a secure environment for children to grow up?</p>

	<p>that their personal boundaries have not been crossed?</p> <p>How do my family members help each other to feel safe and secure even when things are tough?</p> <p>Who is in my network of special people now and how do we affect and support each other?</p>			<p>different groups?</p> <p>What are the roles of people who support others with different needs in my community?</p> <p>How does the media work in my community?</p> <p>How can we care for the local environment and what are the benefits?</p>	<p>comfortable with and what could I do if physical contact is unwanted?</p>	
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Citizenship	Myself & My Relationships	Myself & My Relationships	Citizenship	Myself & My Relationships	Healthy & Safer Lifestyles
	<i>Rights, Rules & Responsibilities</i>	<i>Beginning & Belonging</i>	<i>My Emotions</i>	<i>Working Together</i>	<i>Managing Change</i>	<i>Sex & Relationships</i>
	<p>What are the conventions of courtesy & manners and how do these vary? How does my behaviour online affect others & how can I show respect? Why is it important</p>	<p>What are my responsibilities for making sure everyone in school feels happy and safe? How can I take responsibility for building relationships in my</p>	<p>How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing? What does it mean to have a 'strong sense of identity' & 'self-respect'?</p>	<p>What are my strengths and skills and how are they seen by others? What helps me learn new skills effectively? What would I like to improve and how can I achieve</p>	<p>What positive and negative changes might people experience? How do people's emotions evolve over time as they experience loss and change? How can I manage</p>	<p>What are male and female sexual parts called and what are their functions? How can I talk about bodies confidently and appropriately? What happens to</p>

	<p>to keep my personal information private, especially online?</p> <p>How can I contribute to making and changing rules in school?</p> <p>How else can I make a difference in school?</p> <p>Are there places or times when I have to behave differently? What are the basic rights of children and adults?</p> <p>Why do we have laws in our country?</p> <p>How does democracy work in our community and in our country?</p> <p>What do councils, councillors, parliament and MPs do?</p> <p>Can I take part in a debate and listen to other people's views?</p>	<p>school and how does this benefit us all?</p> <p>How might different people feel when starting something new and how can I help?</p> <p>How do we make people feel welcome and valued in and out of school?</p> <p>What helps me to be resilient in a range of new situations?</p> <p>Are there more ways I can get help now and how do I seek support?</p>	<p>What can I do to boost my self-respect?</p> <p>How do I manage strong emotions?</p> <p>How can I judge if my own feelings and behaviours are appropriate & proportionate?</p> <p>How do I recognise how other people feel and respond to them?</p> <p>What is loneliness and how can we manage feelings of isolation?</p> <p>How common is mental ill health and what self-care techniques can I use?</p> <p>What kinds of problems can be caused by impulsive online communication?</p> <p>How and from whom do I get support when things are</p>	<p>this?</p> <p>How could my skills and strengths be used in future employment?</p> <p>What are some of the jobs that people do?</p> <p>How can I be a good listener to other people?</p> <p>How can I share my views effectively and negotiate with others to reach agreement? How can I persevere and help others to do so?</p> <p>How can I give, receive and act on sensitive and constructive feedback?</p>	<p>the changing influences and pressures on my friendships and relationships?</p> <p>What different strategies do people use to manage feelings linked to loss and change and how can I help?</p> <p>How might people whose families change feel?</p> <p>When might change lead to positive outcomes for people?</p> <p>What positive and negative changes have I experienced and how have these experiences affected me?</p> <p>What strategies will help me to thrive when I move to my next school?</p>	<p>different bodies at puberty? What might influence my view of my body?</p> <p>How can I keep my growing and changing body clean?</p> <p>How can I reduce the spread of viruses and bacteria?</p>
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Healthy & Safer Lifestyles	Healthy & Safer Lifestyles	Economic Wellbeing	Myself & My Relationships	Citizenship	Healthy & Safer Lifestyles
	<i>Drug Education</i>	<i>Personal Safety</i>	<i>Financial Capability</i>	<i>Body Image</i>	<i>Diversity & Communities</i>	<i>Sex & Relationships</i>
Year 6	<p>What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them?</p> <p>How does drug use affect the way a body or brain works?</p> <p>How do medicines help people with different illnesses?</p> <p>What immunisations have I had or may I have in future and how do they keep</p>	<p>How do I recognise my own feelings and consider how my actions may affect the feelings of others?</p> <p>Can I use my Early Warning Signs to judge how safe I am feeling?</p> <p>How do I judge who is a trusted adult or trusted friend?</p> <p>How can I seek help or advice from someone on my</p>	<p>What different ways are there to gain money?</p> <p>What sort of things do adults need to pay for?</p> <p>How can I afford the things I want or need?</p> <p>How can I make sure I get 'value for money'?</p> <p>Why don't people get all the money they earn?</p>	<p>What does attractive mean?</p> <p>What does school do to help children feel good about themselves?</p> <p>What could they do further?</p> <p>Why do certain characteristics contribute to people's view of attractiveness?</p> <p>With regards to appearance, how do people spend</p>	<p>How do other people's perceptions, views and stereotypes influence my sense of identity?</p> <p>How do views of gender affect my identity, friendships, behaviour & choices?</p> <p>What are people's different identities, locally and in the UK?</p> <p>How can I show respect to those</p>	<p>What are different ways babies are conceived and born? (Sex Education)</p> <p>What effect might puberty have on people's feelings and emotions?</p> <p>How can my words or actions affect how others feel, and what are my responsibilities?</p> <p>What should adults think about before they have</p>

	<p>me healthy?</p> <p>What is drug misuse?</p> <p>What are some of the laws about drugs?</p> <p>When and how should I check information about drugs?</p>	<p>personal network and when should I review my network?</p> <p>How could I report concerns of abuse or neglect?</p> <p>Can I identify appropriate & inappropriate or unsafe physical contact?</p> <p>How do I judge when it is not right to keep a secret and what action could I take?</p>	<p>How is money used to benefit the community or the wider world?</p> <p>What is poverty?</p>	<p>their time and money?</p> <p>What influences how we view ourselves?</p> <p>What messages are given on 'makeover' programmes?</p> <p>How are messages about attractiveness given to boys and girls?</p> <p>What is popularity?</p> <p>What is meant by a positive body image?</p>	<p>with different lifestyles, beliefs & traditions?</p> <p>What are the negative effects of stereotyping?</p> <p>Which wider communities & groups am I part of & how does this benefit me?</p> <p>What are voluntary organisations and how do they make a difference?</p> <p>What is the role of the media and how does it influence me and my community?</p> <p>Who cares for the wider environment and what is my contribution?</p>	<p>children?</p> <p>Why might people get married or become civil partners?</p> <p>What are different families like?</p>
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