

PSHE Curriculum Map – Cambridgeshire PSHE



	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
	Beginning & Belonging	Identities & Diversity	Me & My World	My Emotions	Healthy Lifestyles	My Body & Growing Up
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>What can help me to follow instructions?</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 people including what they believe in and how they live their lives?</p> <p>How do we celebrate what we believe in and how is this different for different people?</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? What could I do when things are difficult for me?</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 family and trusted people who look after me?</p> <p>How do I feel about growing up?</p>



	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
	Beginning & Belonging	My Emotions	Managing Safety & Risk	Working Together	Managing Safety & Risk	Sex & Relationships
Year 1	<p>Do I understand simple ways to make sure my school is a safe, happy place?</p> <p>How can I get to know the people in my class?</p> <p>How do I feel when I am doing something new?</p> <p>How can I make someone feel welcome in class? What helps me manage in new situations?</p> <p>Who can help me at home and at school?</p>	<p>What am I good at and what is special about me?</p> <p>How can I stand up for myself?</p> <p>Can I name some different feelings?</p> <p>Can I describe situations in which I might feel happy, sad, cross etc?</p> <p>How do my feelings and actions affect others?</p> <p>How do I manage some of my emotions and associated behaviours?</p> <p>What are the different ways people might relax and what helps me to feel relaxed?</p> <p>Who do I share my feelings with?</p>	<p>What are risky situations and how can I keep myself safer?</p> <p>How do I feel in risky situations?</p> <p>What is my name, address and phone number and when might I need to give them?</p> <p>What is an emergency and who helps? How can I help in an emergency?</p>	<p>What am I and other people good at?</p> <p>What new skills would I like to develop?</p> <p>How can I listen well to other people?</p> <p>How can I work well in a group?</p> <p>Why is it important to take turns?</p> <p>How can I negotiate to sort out disagreements?</p> <p>How are my skills useful in a group?</p> <p>What is a useful evaluation?</p>	<p>Where are the safer places I can play?</p> <p>What are the risks for me in using the roads, and how can I stay safe?</p> <p>What are the risks for me in the sun and how can I stay safe?</p> <p>What are the risks for me near water and how can I stay safe?</p> <p>What are the risks for me if I am lost and how can I stay safe?</p> <p>What are the best ways to keep safe from accidents?</p>	<p>What are the names of the main parts of the body?</p> <p>What can my amazing body do?</p> <p>When am I in charge of my actions and my body?</p> <p>How can I keep my body clean?</p> <p>How can I avoid spreading common illnesses and diseases?</p>



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



	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
	Beginning & Belonging	My Emotions	Rights, Rules & Responsibilities	Working Together	Managing Safety & Risk	Sex & Relationships
	<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? 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 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>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 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>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 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>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 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>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?</p> <p>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>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>	<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>



	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
	Family & Friends	Sex & Relationships (Personal Hygiene)	Drug Education	Diversity & Communities	Personal Safety	Sex & Relationships
	<p>How do good friends behave on and offline and how do I feel as a result? 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 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>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 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>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? 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 comfortable with and what could I do if physical contact is unwanted?</p>	<p>What are the main stages of the human life cycle? 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>



	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
	Rights, Rules & Responsibilities	Beginning & Belonging	My Emotions	Working Together	Managing Change	Sex & Relationships
	<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?</p> <p>Why is it important 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>What are my responsibilities for making sure everyone in school feels happy and safe?</p> <p>How can I take responsibility for building relationships in my 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>How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing?</p> <p>What does it mean to have a 'strong sense of identity' & 'self respect'?</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 selfcare 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 difficult?</p>	<p>What are my strengths and skills and how are they seen by others?</p> <p>What helps me learn new skills effectively?</p> <p>What would I like to improve and how can I achieve 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?</p> <p>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>What positive and negative changes might people experience?</p> <p>How do people's emotions evolve over time as they experience loss and change?</p> <p>How can I manage 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>What are male and female sexual parts called and what are their functions?</p> <p>How can I talk about bodies confidently and appropriately?</p> <p>What happens to 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>



	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
	Drug Education	Personal Safety	Financial Capability	Body Image	Diversity & Communities	Sex & Relationships
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 me healthy?</p> <p>What is drug misuse?</p> <p>What are some of the laws about drugs? When and how should I check information about drugs?</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 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>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>How is money used to benefit the community or the wider world?</p> <p>What is poverty?</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 their time and money?</p> <p>What influences how we view ourselves?</p> <p>What messages are given on 'makeover' programmes? 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>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 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>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 children?</p> <p>Why might people get married or become civil partners?</p> <p>What are different families like?</p>