Ringstead CE Primary School PSHE Curriculum Map

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Being Me in My World Working with others, naming feelings, being kind, responsibility	Celebrating Difference What am I good at? Differences between us, our homes, standing up for ourselves	Dreams and Goals Tackling challenges, set a goal, being supportive, pride. jobs	Healthy Me Exercise, healthy diet, importance of sleep, washing hands, safe strangers	Relationships Friendships and respect for others	Changing Me Name parts of the body. Moving classes
Year 1/2	Being Me in My World Create class charter, rights and responsibilities, hopes and fears for the year	Celebrating Difference Differences and Similarities between cohort, stereotypes, anti-bullying, making friends	Dreams and Goals Set simple goals, working with others, set a challenge, develop perseverance	Healthy Me Healthy lifestyle, relaxation healthy/unhealthy, safe medicines use, road safety	Relationships Friends, family, self-help, safe secrets, problem solving	Changing Me Lifecycles, changing bodies. Differences between boys and girls. Coping with change
Year 3/4	Being Me in My World Rules, rights and responsibilities, consequences of actions (empathy), school community, democracy, and school council	Celebrating Difference Different families, witnessing bullying, family conflict, harmful words	Dreams and Goals Inspirational people, ambitions for the future, set new challenges, overcome obstacles	Healthy Me Healthy lifestyle choices. Basic Understanding what drugs/alcohol/ smoking do to the body. Dealing with peer pressure	Relationships Friends, self-help, including others. Respect, helping others.	Changing Me How our bodies change. How babies develop. Naming internal parts of the body. Puberty. Coping with change
Year 5/6	Being Me in My World Rights as a British citizen, rights of the child, choices	Celebrating Difference Cultural differences, what is racism? Types	Dreams and Goals Aspirations for the future, careers, dreams	Healthy Me Impact on the body of smoking, drugs, alcohol. First Aid, healthy	Relationships Friends, self-help, including others. Respect, helping others. Coping	Changing Me Self-image, puberty, attraction, conception.

	about behaviour	of bullying, comparing lives, living with a disability	and goals of others, how to make the world better	eating, body image, emotional health and wellbeing	with grief. Online safety	Transition to a new school

PSHE at Ringstead C of E Primary School is taught following the Jigsaw scheme of work. PSHE is taught on a 2-year rolling program in: Y1/2, Y3/4 and Y5/6.