



## PSHE Curriculum Map 2024/2025

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Me and my relationships</p> <p><b>Key themes:</b> Feelings Getting help Classroom rules</p>	<p>Valuing difference</p> <p><b>Key themes:</b> Recognising, valuing and celebrating difference Developing tolerance</p>	<p>E-Safety Zones of Regulation</p> <p><b>Key themes:</b> How our feelings can keep us safe Identifying emotions and the zones they relate to Expected and unexpected behaviours Identifying triggers and strategies to regulate</p>	<p>Online Safety Rights and responsibilities</p> <p><b>Key themes:</b> Looking after things</p>	<p>Being my best</p> <p><b>Key themes:</b> Growth Mind-set Keeping healthy</p>	<p>Growing and changing</p> <p><b>Key themes:</b> Getting help Becoming independent Body parts</p>
Year 1	<p>Me and my relationships</p> <p><b>Key themes:</b> Feelings Getting help Classroom rules</p>	<p>SCiB Substance misuse Valuing difference</p> <p><b>Key themes:</b> Keeping healthy Medicine safety Recognising, valuing and celebrating difference Developing tolerance</p>	<p>E-Safety Zones of Regulation</p> <p><b>Key themes:</b> How our feelings can keep us safe Identifying emotions and the zones they relate to Expected and unexpected behaviours Identifying triggers and strategies to regulate</p>	<p>SCiB Positive Relationships Online Safety Rights and responsibilities</p> <p><b>Key themes:</b> Looking after things</p>	<p>Being my best</p> <p><b>Key themes:</b> Growth Mind-set Keeping healthy</p>	<p>SCiB Protective behaviours Growing and changing</p> <p><b>Key themes:</b> Getting help Becoming independent Body parts</p>

**Love, Compassion, Courage.**



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Year 2	<p>Me and my relationships</p> <p><b>Key themes:</b> Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation</p>	<p>SCiB Substance misuse Valuing difference</p> <p><b>Key themes:</b> Being kind and helping others Listening skills</p>	<p>E-safety Zones of Regulation</p> <p><b>Key themes:</b> Safe and unsafe secrets Identifying emotions and the zones they relate to Expected and unexpected behaviours Identifying triggers and strategies to regulate</p>	<p>SCiB Positive relationships Rights and responsibilities</p> <p><b>Key themes:</b> Cooperation and self-regulation</p>	<p>Being my best</p> <p><b>Key themes:</b> Looking after my body Growth mind-set</p>	<p>SCiB Protective behaviours Growing and changing</p> <p><b>Key themes:</b> Life cycles Dealing with loss Being supportive</p>
Year 3	<p>Being my best</p> <p><b>Key themes:</b> Keeping myself healthy Celebrating and developing my skills</p>	<p>SCiB Substance Misuse Keeping Safe</p> <p><b>Key themes:</b> Drugs and their risks Staying safe online</p>	<p>SCiB Online Safety Zones of Regulation</p> <p><b>Key themes:</b> Recognising and respecting diversity Being respectful and tolerant Identifying emotions and the zones they relate to Expected and unexpected behaviours Identifying triggers and strategies to regulate</p>	<p>SCiB Positive Relationships Growing and changing</p> <p><b>Key themes:</b> Relationships Menstruation Keeping safe</p>	<p>Rights and respects</p> <p><b>Key themes:</b> Cooperation Friendships</p>	<p>SCiB Protective behaviours Safer Together project</p> <p><b>Key themes:</b> Skills we need to develop as we grow up Helping and being helped</p>

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Year 4	<p>Being my best</p> <p><b>Key themes:</b> Having choices and making decisions about my health Taking care of my environment</p>	<p>SCiB Substance Misuse Keeping Safe</p> <p><b>Key themes:</b> Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences</p>	<p>SCiB Online Safety Zones of Regulation</p> <p><b>Key themes:</b> Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes Identifying emotions and the zones they relate to Expected and unexpected behaviours Identifying triggers and strategies to regulate</p>	<p>SCiB Positive Relationships Growing and changing</p> <p><b>Key themes:</b> Body changes during puberty Managing difficult feelings Relationships including marriage</p>	<p>Rights and respects</p> <p><b>Key themes:</b> Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money</p>	<p>SCiB Protective behaviours Safer Together project</p> <p><b>Key themes:</b> Recognising feelings Bullying Assertive feelings</p>
Year 5	<p>Being my best</p> <p><b>Key themes:</b> Growing independence and taking responsibility Media awareness and safety</p>	<p>SCiB Substance Misuse Democracy Rights and responsibilities</p> <p><b>Key themes:</b> Rights and responsibilities relating to my health Rights and responsibilities</p>	<p>Zones of Regulation</p> <p><b>Key themes:</b> Feelings Friendship skills, including compromise Assertive skills Identifying emotions and the zones they relate to Expected and unexpected behaviours</p>	<p>SCiB Positive Relationships Keeping safe</p> <p><b>Key themes:</b> Managing risk, including staying safe online Norms around use of legal drugs (tobacco, alcohol)</p>	<p>Valuing differences</p> <p><b>Key themes:</b> Recognising and celebrating difference, including religions and cultural Influence and pressure of social media</p>	<p>SCiB Protective behaviours Growing and Changing</p> <p><b>Key themes:</b> Managing difficult feelings Managing change Getting help</p>

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		Decisions about lending, borrowing and spending	Identifying triggers and strategies to regulate			
Year 6	<p>Being my best</p> <p><b>Key themes:</b> Aspirations and goal setting Managing risk</p>	<p>SCiB Substance Misuse Democracy Rights and responsibilities</p> <p><b>Key themes:</b> Understanding media bias, including social media Caring: communities and the environment Earning and saving money</p>	<p>Me and my relationships Zones of Regulation</p> <p><b>Key themes:</b> Assertiveness Cooperation Safe/unsafe touches Identifying emotions and the zones they relate to Expected and unexpected behaviours Identifying triggers and strategies to regulate</p>	<p>SCiB Positive Relationships Keeping safe</p> <p><b>Key themes:</b> Emotional needs Staying safe online Drugs: norms and risks (including the law)</p>	<p>Valuing differences</p> <p><b>Key themes:</b> Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour</p>	<p>SCiB Protective behaviours Growing and Changing</p> <p><b>Key themes:</b> Keeping safe Body changes Self esteem</p>