

PSHE Overview & Curriculum Coverage Map

Cycle A (2021-22)				
EYFS	<p>Me and My Relationships</p> <ul style="list-style-type: none"> • <i>What makes me special</i> • <i>People close to me</i> • <i>Getting help</i> <p>Valuing Difference</p> <ul style="list-style-type: none"> • <i>Similarities and difference</i> • <i>Celebrating difference</i> • <i>Showing kindness</i> 	<p>Keeping Safe</p> <ul style="list-style-type: none"> • <i>Keeping my body safe</i> • <i>Safe secrets and touches</i> • <i>People who help to keep us safe</i> <p>Rights and Respect</p> <ul style="list-style-type: none"> • <i>Looking after things: friends, environment, money</i> 	<p>Being my Best</p> <ul style="list-style-type: none"> • <i>Keeping my body healthy – food, exercise, sleep</i> • <i>Growth Mindset</i> <p>Growing and Changing</p> <ul style="list-style-type: none"> • <i>Cycles</i> • <i>Life stages</i> • <i>Girls and boys – similarities and difference</i> 	
KS1	<p>Me and My Relationships</p> <ul style="list-style-type: none"> • <i>Feelings</i> • <i>Getting help</i> • <i>Classroom rules</i> • <i>Special people</i> • <i>Being a good friend</i> <p>Valuing Difference</p> <ul style="list-style-type: none"> • <i>Recognising, valuing and celebrating difference</i> • <i>Developing respect and accepting others</i> • <i>Bullying and getting help</i> 	<p>Keeping Safe</p> <ul style="list-style-type: none"> • <i>How our feelings can keep us safe – including online safety</i> • <i>Safe and unsafe touches</i> • <i>Medicine Safety</i> • <i>Sleep</i> <p>Rights and Respect</p> <ul style="list-style-type: none"> • <i>Taking care of things:</i> • <i>Myself</i> • <i>My money</i> • <i>My environment</i> 	<p>Being my Best</p> <ul style="list-style-type: none"> • <i>Growth Mindset</i> • <i>Healthy eating</i> • <i>Hygiene and health</i> • <i>Cooperation</i> <p>Growing and Changing</p> <ul style="list-style-type: none"> • <i>Getting help</i> • <i>Becoming independent</i> • <i>My body parts</i> • <i>Taking care of self and others</i> 	
LKS2	<p>Me and My Relationships</p> <ul style="list-style-type: none"> • <i>Rules and their purpose</i> • <i>Cooperation</i> • <i>Friendship (including respectful relationships)</i> 	<p>Keeping Safe</p> <ul style="list-style-type: none"> • <i>Managing risk</i> • <i>Decision-making skills</i> • <i>Drugs and their risks</i> • <i>Staying safe online</i> <p>Rights and Respect</p>	<p>Being my Best</p> <ul style="list-style-type: none"> • <i>Keeping myself healthy and well</i> • <i>Celebrating and developing my skills</i> • <i>Developing empathy</i> <p>Growing and Changing</p> <ul style="list-style-type: none"> • <i>Relationships</i> 	

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	<ul style="list-style-type: none"> <i>Coping with loss</i> <p>Valuing Difference</p> <ul style="list-style-type: none"> <i>Recognising and respecting diversity</i> <i>Being respectful and tolerant</i> <i>My community</i> 	<ul style="list-style-type: none"> <i>Skills we need to develop as we grow up</i> <i>Helping and being helped</i> <i>Looking after the environment</i> <i>Managing money</i> 	<ul style="list-style-type: none"> <i>Changing bodies</i> <i>Keeping safe</i> <i>Safe and unsafe secrets</i>
UKS2	<p>Me and My Relationships</p> <ul style="list-style-type: none"> <i>Feelings</i> <i>Friendship skills, including compromise</i> <i>Assertive skills</i> <i>Cooperation</i> <i>Recognising emotional needs</i> <p>Valuing Difference</p> <ul style="list-style-type: none"> <i>Recognising and celebrating difference, including religions and cultural</i> <i>Influence and pressure of social media</i> 	<p>Keeping Safe</p> <ul style="list-style-type: none"> <i>Managing risk, including online safety</i> <i>Norms around use of legal drugs (tobacco, alcohol)</i> <i>Decision-making skills</i> <p>Rights and Respect</p> <ul style="list-style-type: none"> <i>Rights, respect and duties relating to my health</i> <i>Making a difference</i> <i>Decisions about lending, borrowing and spending</i> 	<p>Being my Best</p> <ul style="list-style-type: none"> <i>Growing independence and taking ownership</i> <i>Keeping myself healthy</i> <i>Media awareness and safety</i> <i>My community</i> <p>Growing and Changing</p> <ul style="list-style-type: none"> <i>Managing difficult feelings</i> <i>Managing change</i> <i>How my feelings help keeping safe</i> <i>Getting help</i> <i>Puberty and the changing adolescent body.</i> <i>Menstrual well-being including the key facts about the menstrual cycle.</i>

Cycle B (2022-23)			
EYFS	Me and My Relationships	Keeping Safe	Being my Best
	<p>Me and My Relationships</p> <ul style="list-style-type: none"> <i>What makes me special</i> <i>People close to me</i> <i>Getting help</i> <p>Valuing Difference</p> <ul style="list-style-type: none"> <i>Similarities and difference</i> <i>Celebrating difference</i> 	<p>Keeping Safe</p> <ul style="list-style-type: none"> <i>Keeping my body safe</i> <i>Safe secrets and touches</i> <i>People who help to keep us safe</i> <p>Rights and Respect</p> <ul style="list-style-type: none"> <i>Looking after things: friends, environment, money</i> 	<p>Being my Best</p> <ul style="list-style-type: none"> <i>Keeping my body healthy – food, exercise, sleep</i> <i>Growth Mindset</i> <p>Growing and Changing</p> <ul style="list-style-type: none"> <i>Cycles</i> <i>Life stages</i> <p><i>Girls and boys – similarities and difference</i></p>

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	<ul style="list-style-type: none"> • Showing kindness 		
KS1	<p>Me and My Relationships</p> <ul style="list-style-type: none"> • Bullying and teasing • Our school rules about bullying • Being a good friend • Feelings/self-regulation <p>Valuing Difference</p> <ul style="list-style-type: none"> • Being kind and helping others • Celebrating difference • People who help us • Listening skills 	<p>Keeping Safe</p> <ul style="list-style-type: none"> • Safe and unsafe secrets • Appropriate touch • Medicine safety <p>Rights and Respect</p> <ul style="list-style-type: none"> • Cooperation • Self-regulation • Online safety • Looking after money – saving and spending 	<p>Being my Best</p> <ul style="list-style-type: none"> • Growth Mindset • Looking after my body • Hygiene and health • Exercise and sleep <p>Growing and Changing</p> <ul style="list-style-type: none"> • Life cycles • Dealing with loss • Being supportive • Growing and changing • Privacy
LKS2	<p>Me and My Relationships</p> <ul style="list-style-type: none"> • Healthy relationships • Listening to feelings • Bullying • Assertive skills <p>Valuing Difference</p> <ul style="list-style-type: none"> • Recognising and celebrating difference (including religions and cultural difference) • Understanding and challenging stereotypes 	<p>Keeping Safe</p> <ul style="list-style-type: none"> • Managing risk • Understanding the norms of drug use (cigarette and alcohol use) • Influences • Online safety <p>Rights and Respect</p> <ul style="list-style-type: none"> • Making a difference (different ways of helping others or the environment) • Media influence • Decisions about spending money 	<p>Being my Best</p> <ul style="list-style-type: none"> • Having choices and making decisions about my health • Taking care of my environment • My skills and interests <p>Growing and Changing</p> <ul style="list-style-type: none"> • Body changes during puberty • Managing difficult feelings • Relationships including marriage
UKS2	<p>Me and My Relationships</p> <ul style="list-style-type: none"> • Assertiveness • Cooperation • Safe/unsafe touches • Positive relationships <p>Valuing Difference</p> <ul style="list-style-type: none"> • Recognising and celebrating difference 	<p>Keeping Safe</p> <ul style="list-style-type: none"> • Understanding emotional needs • Staying safe online • Drugs: norms and risks (including the law) <p>Rights and Respect</p> <ul style="list-style-type: none"> • Understanding media bias, including social media 	<p>Being my Best</p> <ul style="list-style-type: none"> • Aspirations and goal setting • Managing risk • Looking after my mental health <p>Growing and Changing</p> <ul style="list-style-type: none"> • Coping with changes • Keeping safe

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	<ul style="list-style-type: none"> • <i>Recognising and reflecting on prejudice-based bullying</i> • <i>Understanding Bystander behaviour</i> • <i>Gender stereotyping</i> 	<ul style="list-style-type: none"> • <i>Caring: communities and the environment</i> • <i>Earning and saving money</i> • <i>Understanding democracy</i> 	<ul style="list-style-type: none"> • <i>Body Image</i> • <i>Self-esteem</i> • <i>Puberty and the changing adolescent body.</i> • <i>Menstrual well-being including the key facts about the menstrual cycle.</i>
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