

# Curriculum Intent and Breadth Map - PHSE



'You are free to choose but you are not free from the consequences of your choice.'

		Autumn	Spring	Summer
Key Stage 1	Year 1	<u>Relationships:</u> <ul style="list-style-type: none"> <li>✓ Families and friendships.</li> <li>✓ Safe relationships.</li> <li>✓ Respecting ourselves and others.</li> </ul>	<u>Living in the wider world:</u> <ul style="list-style-type: none"> <li>✓ Belonging to a community.</li> <li>✓ Media literacy and digital resilience.</li> <li>✓ Money and work.</li> </ul>	<u>Health and Wellbeing:</u> <ul style="list-style-type: none"> <li>✓ Physical health and mental wellbeing.</li> <li>✓ Growing and changing.</li> <li>✓ Keeping safe.</li> </ul>
	Year 2	<u>Relationships:</u> <ul style="list-style-type: none"> <li>✓ Families and friendships.</li> <li>✓ Safe relationships.</li> <li>✓ Respecting ourselves and others.</li> </ul>	<u>Living in the wider world:</u> <ul style="list-style-type: none"> <li>✓ Belonging to a community.</li> <li>✓ Media literacy and digital resilience.</li> <li>✓ Money and work.</li> </ul>	<u>Health and Wellbeing:</u> <ul style="list-style-type: none"> <li>✓ Physical health and mental wellbeing.</li> <li>✓ Growing and changing.</li> <li>✓ Keeping safe.</li> </ul>
Lower Key Stage 2	Year 3/4 (Cycle A) Not for 21-22	<u>Relationships:</u> <ul style="list-style-type: none"> <li>✓ Families and friendships.</li> <li>✓ Safe relationships.</li> <li>✓ Respecting ourselves and others.</li> </ul>	<u>Living in the wider world:</u> <ul style="list-style-type: none"> <li>✓ Belonging to a community.</li> <li>✓ Media literacy and digital resilience.</li> <li>✓ Money and work.</li> </ul>	<u>Health and Wellbeing:</u> <ul style="list-style-type: none"> <li>✓ Physical health and mental wellbeing.</li> <li>✓ Growing and changing.</li> <li>✓ Keeping safe.</li> </ul>
	Year 3/4 (Cycle B)	<u>Relationships:</u> <ul style="list-style-type: none"> <li>✓ Families and friendships.</li> <li>✓ Safe relationships.</li> <li>✓ Respecting ourselves and others.</li> </ul>	<u>Living in the wider world:</u> <ul style="list-style-type: none"> <li>✓ Belonging to a community.</li> <li>✓ Media literacy and digital resilience.</li> <li>✓ Money and work.</li> </ul>	<u>Health and Wellbeing:</u> <ul style="list-style-type: none"> <li>✓ Physical health and mental wellbeing.</li> <li>✓ Growing and changing.</li> <li>✓ Keeping safe.</li> </ul>
Upper Key Stage 2	Year 5	<u>Relationships:</u> <ul style="list-style-type: none"> <li>✓ Families and friendships.</li> <li>✓ Safe relationships.</li> <li>✓ Respecting ourselves and others.</li> </ul>	<u>Living in the wider world:</u> <ul style="list-style-type: none"> <li>✓ Belonging to a community.</li> <li>✓ Media literacy and digital resilience.</li> <li>✓ Money and work.</li> </ul>	<u>Health and Wellbeing:</u> <ul style="list-style-type: none"> <li>✓ Physical health and mental wellbeing.</li> <li>✓ Growing and changing.</li> <li>✓ Keeping safe.</li> </ul>
	Year 6	<u>Relationships:</u> <ul style="list-style-type: none"> <li>✓ Families and friendships.</li> <li>✓ Safe relationships.</li> <li>✓ Respecting ourselves and others.</li> </ul>	<u>Living in the wider world:</u> <ul style="list-style-type: none"> <li>✓ Belonging to a community.</li> <li>✓ Media literacy and digital resilience.</li> <li>✓ Money and work.</li> </ul>	<u>Health and Wellbeing:</u> <ul style="list-style-type: none"> <li>✓ Physical health and mental wellbeing.</li> <li>✓ Growing and changing.</li> <li>✓ Keeping safe.</li> </ul>

# LAPAL PRIMARY PSHE EDUCATION: LONG-TERM OVERVIEW

	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Reception	Relationships: Feelings and Emotions	Health and Wellbeing: Keeping Safe (in the dark, bonfire safety etc).	Relationships: Valuing Differences	Living in the Wider World: Taking Care of the Environment	Technology use and and simple safety rules	Living in the Wider World: Rights and Responsibilities	Health and Wellbeing: Healthy Lifestyles	Transition to Year 1	Health and Wellbeing: Keeping Safe (water safety, sun safety)
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Personal identity; recognising individuality and different qualities; mental wellbeing	Medicines and household products; drugs common to everyday life
Year 5/6 – cycle A	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty (Year 5)	Keeping safe in different situations, including responding in emergencies and first aid
Year 5/6 – cycle B	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing Transition (Year 6) Transition to high school	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media