



# Curriculum Map

## Subject: PSHE



### Intent Statement

At St Nicholas Catholic Primary School, it is our intent to deliver a broad and balanced PSHE curriculum that is ambitious, challenging and engaging. It is designed to allow all children, including those who are disadvantaged and pupils with SEND, to be ‘lifelong learners’ with the confidence and ability to develop their skills and understanding when having new experiences, meeting new challenges and finding themselves in unfamiliar situations. We share a cohesive vision to help children to understand and value how they and others fit into and contribute to the world. We have a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health through the delivery of a programme of engaging and relevant PSHE within a whole school approach. We also promote and practise mindfulness allowing children to advance their emotional awareness, concentration and focus. Our approach aims to develop the qualities and attributes children need to thrive as individuals, family members and members of society and the global community.

### Implementation - Curriculum Coverage

The curriculum for PSHE is spiral and progressive in its approach. Each year, learning from previous years is revisited and extended adding new concepts, knowledge and skills as appropriate.

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	<b>Good to be me</b> <ul style="list-style-type: none"> <li>● Marvellous Me</li> <li>● Feelings</li> <li>● Uncomfortable feelings</li> <li>● Changes</li> <li>● Things I like</li> <li>● Speak up</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>● VIPs</li> <li>● Family</li> <li>● Friends</li> <li>● Falling out</li> <li>● Working together</li> <li>● Showing you care</li> </ul>	<b>Being Healthy</b> <ul style="list-style-type: none"> <li>● Mental Wellbeing</li> <li>● Internet safety and harms</li> <li>● Physical Health and fitness</li> <li>● Healthy Eating</li> <li>● Drugs, alcohol and tobacco</li> <li>● Health and prevention</li> <li>● Basic first aid</li> </ul>	<b>Going for goals</b> <ul style="list-style-type: none"> <li>● Star Qualities</li> <li>● Positive learners</li> <li>● Bright futures</li> <li>● Jobs for all</li> <li>● Going for goals</li> <li>● Looking forward</li> </ul>	<b>Getting on and Falling out</b> <ul style="list-style-type: none"> <li>● Together everyone achieves more</li> <li>● Listening</li> <li>● Being Kind</li> <li>● Bullying &amp; Teasing</li> <li>● Brilliant brains</li> <li>● Making good choices</li> </ul>	<b>Changes</b> <ul style="list-style-type: none"> <li>● Me, My Body, My Health</li> <li>● Emotional Wellbeing</li> <li>● Life cycles</li> <li>● Personal relationships</li> <li>● Keeping safe</li> <li>● Living in the wider world</li> <li>● Moving into Year 1</li> </ul>

### Key objectives (Pupils must know and remember these facts / Improve, hone & apply these skills)

Children recognise and talk about how they have similarities and differences from their friends and how that is OK. Children begin working on recognising and managing their feelings, identifying different ones and the causes these can have. To have an understanding of how to work with others and why it is good to be kind and use gentle hands.

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b>	<b>Going for goals</b> <ul style="list-style-type: none"> <li>Star Qualities</li> <li>Positive learners</li> <li>Bright futures</li> <li>Jobs for all</li> <li>Going for goals</li> <li>Looking forward</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>VIPs</li> <li>Family</li> <li>Friends</li> <li>Falling out</li> <li>Working together</li> <li>Showing you care</li> </ul>	<b>Being Healthy</b> <ul style="list-style-type: none"> <li>Mental Wellbeing</li> <li>Internet safety and harms</li> <li>Physical Health and fitness</li> <li>Healthy Eating</li> <li>Drugs, alcohol and tobacco</li> <li>Health and prevention</li> <li>Basic first aid</li> </ul>	<b>Good to be me</b> <ul style="list-style-type: none"> <li>Marvellous Me</li> <li>Feelings</li> <li>Uncomfortable feelings</li> <li>Changes</li> <li>Things I like</li> <li>Speak up</li> </ul>	<b>Getting on and Falling out</b> <ul style="list-style-type: none"> <li>Together everyone achieves more</li> <li>Listening</li> <li>Being Kind</li> <li>Bullying &amp; Teasing</li> <li>Brilliant brains</li> <li>Making good choices</li> </ul>	<b>Changes</b> <ul style="list-style-type: none"> <li>Me, My Body, My Health</li> <li>Emotional Wellbeing</li> <li>Life cycles</li> <li>Personal relationships</li> <li>Keeping safe</li> <li>Living in the wider world</li> <li>Moving into Year 2 - Becoming top infants</li> </ul>

**Key objectives (Pupils must know and remember these facts / Improve, hone & apply these skills)**

Children know that having the confidence to be themselves can have a positive impact on mental health and emotional wellbeing. Children recognise and celebrate their own and others individualities. Children are able to recognise different emotions and know strategies to help them manage their feelings.

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 2</b>	<b>Good to be me</b> <ul style="list-style-type: none"> <li>Marvellous Me</li> <li>Feelings</li> <li>Uncomfortable feelings</li> <li>Changes</li> <li>Things I like</li> <li>Speak up</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>VIPs</li> <li>Family</li> <li>Friends</li> <li>Falling out</li> <li>Working together</li> <li>Showing you care</li> </ul>	<b>Being Healthy</b> <ul style="list-style-type: none"> <li>Mental Wellbeing</li> <li>Internet safety and harms</li> <li>Physical Health and fitness</li> <li>Healthy Eating</li> <li>Drugs, alcohol and tobacco</li> <li>Health and prevention</li> <li>Basic first aid</li> </ul>	<b>Going for goals</b> <ul style="list-style-type: none"> <li>Star Qualities</li> <li>Positive learners</li> <li>Bright futures</li> <li>Jobs for all</li> <li>Going for goals</li> <li>Looking forward</li> </ul>	<b>Getting on and Falling out</b> <ul style="list-style-type: none"> <li>Together everyone achieves more</li> <li>Listening</li> <li>Being Kind</li> <li>Bullying &amp; Teasing</li> <li>Brilliant brains</li> <li>Making good choices</li> </ul>	<b>Changes</b> <ul style="list-style-type: none"> <li>Me, My Body, My Health</li> <li>Emotional Wellbeing</li> <li>Life cycles</li> <li>Personal relationships</li> <li>Keeping safe</li> <li>Living in the wider world</li> <li>Moving into Key Stage 2</li> </ul>

**Key objectives (Pupils must know and remember these facts / Improve, hone & apply these skills)**

Children have a greater awareness of choices and the consequences of making different choices. To recognise that they are special and have an understanding about how to make everyone feel safe in their class as well as recognising their own safety. To know how to work collaboratively. To have an understanding of fairness. To understand that we all have hopes and fears and know how to talk about feeling worried; to recognise when they should ask for help and who to ask. To know how to listen to each other.

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 3</b>	<b>Good to be me</b> <ul style="list-style-type: none"> <li>● Pride</li> <li>● Feelings</li> <li>● Express Yourself</li> <li>● Know your mind</li> <li>● Media Wise</li> <li>● Making it right</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>● Family and friends</li> <li>● Fabulous friends</li> <li>● Is this a good relationship?</li> <li>● Falling out</li> <li>● What is bullying</li> <li>● Standing up to bullying</li> </ul>	<b>Being Healthy</b> <ul style="list-style-type: none"> <li>● Mental Wellbeing</li> <li>● Internet safety and harms</li> <li>● Physical Health and fitness</li> <li>● Healthy Eating</li> <li>● Drugs, alcohol and tobacco</li> <li>● Health and prevention</li> <li>● Basic first aid</li> </ul>	<b>Going for goals</b> <ul style="list-style-type: none"> <li>● Achievements</li> <li>● Goals</li> <li>● Always learning</li> <li>● Jobs and skills</li> <li>● No limit</li> <li>● When I grow up</li> </ul>	<b>Getting on and Falling out</b> <ul style="list-style-type: none"> <li>● A new start</li> <li>● Together Everyone Achieves More</li> <li>● Working together</li> <li>● Being Considerate</li> <li>● When things go wrong</li> <li>● Responsibility</li> </ul>	<b>Changes</b> <ul style="list-style-type: none"> <li>● Me, My Body, My Health</li> <li>● Emotional Wellbeing</li> <li>● Life cycles</li> <li>● Personal relationships</li> <li>● Keeping safe</li> <li>● Living in the wider world</li> <li>● Moving into Year 4</li> </ul>

**Key objectives (Pupils must know and remember these facts / Improve, hone & apply these skills)**

Children know it is important to have confidence to be yourself. Children can identify their strengths and achievements as well as help them to recognise different emotions they experience. Know how to express their thoughts and feelings respectfully and how to be assertive when in uncomfortable situations. Know the influence of the media in how we view ourselves and analyse the reality of these messages. Knowing what to do or say to make things right when we make mistakes, both in person or online, and the importance of learning from these.

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 4</b>	<b>Good to be me</b> <ul style="list-style-type: none"> <li>● Pride</li> <li>● Feelings</li> <li>● Express Yourself</li> <li>● Know your mind</li> <li>● Media Wise</li> <li>● Making it right</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>● Family and friends</li> <li>● Fabulous friends</li> <li>● Is this a good relationship?</li> <li>● Falling out</li> <li>● What is bullying</li> <li>● Standing up to bullying</li> </ul>	<b>Being Healthy</b> <ul style="list-style-type: none"> <li>● Mental Wellbeing</li> <li>● Internet safety and harms</li> <li>● Physical Health and fitness</li> <li>● Healthy Eating</li> <li>● Drugs, alcohol and tobacco</li> <li>● Health and prevention</li> <li>● Basic first aid</li> </ul>	<b>Going for goals</b> <ul style="list-style-type: none"> <li>● Achievements</li> <li>● Goals</li> <li>● Always learning</li> <li>● Jobs and skills</li> <li>● No limit</li> <li>● When I grow up</li> </ul>	<b>Getting on and Falling out</b> <ul style="list-style-type: none"> <li>● A new start</li> <li>● Together Everyone Achieves More</li> <li>● Working together</li> <li>● Being Considerate</li> <li>● When things go wrong</li> <li>● Responsibility</li> </ul>	<b>Changes</b> <ul style="list-style-type: none"> <li>● Me, My Body, My Health</li> <li>● Emotional Wellbeing</li> <li>● Life cycles</li> <li>● Personal relationships</li> <li>● Keeping safe</li> <li>● Living in the wider world</li> <li>● Moving into Year 5</li> </ul>

**Key objectives (Pupils must know and remember these facts / Improve, hone & apply these skills)**

Children know that we are all individuals and that it is important to 'be yourself'. To develop a positive view of themselves and enable them to recognise the importance of being proud of their individuality. Children know the importance of recognising situations where they need to make positive choices in order to do the right thing. Children know what to do or say to make things right when they make a mistake.

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 5</b>	<b>Good to be me</b> <ul style="list-style-type: none"> <li>You are unique</li> <li>Let it out</li> <li>Uncomfortable feelings</li> <li>Confidence</li> <li>Do the right thing</li> <li>Making amends</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>People we love</li> <li>Think before you act</li> <li>It is OK to disagree</li> <li>You decide</li> <li>Secrets</li> <li>False friends</li> </ul>	<b>Being Healthy</b> <ul style="list-style-type: none"> <li>Mental Wellbeing</li> <li>Internet safety and harms</li> <li>Physical Health and fitness</li> <li>Healthy Eating</li> <li>Drugs, alcohol and tobacco</li> <li>Health and prevention</li> <li>Basic first aid</li> </ul>	<b>Going for goals</b> <ul style="list-style-type: none"> <li>You can achieve anything</li> <li>Breaking down barriers</li> <li>Future focus</li> <li>Equal opportunities</li> <li>The world of work</li> <li>Onwards and upwards</li> </ul>	<b>Getting on and Falling out</b> <ul style="list-style-type: none"> <li>Together everyone achieves more</li> <li>Communicate</li> <li>Compromise and collaborate</li> <li>Care</li> <li>Unkind behaviour</li> <li>Shared responsibilities</li> </ul>	<b>Changes</b> <ul style="list-style-type: none"> <li>Me, My Body, My Health</li> <li>Emotional Wellbeing</li> <li>Life cycles</li> <li>Personal relationships</li> <li>Keeping safe</li> <li>Living in the wider world</li> <li>Becoming top of the school - responsibility</li> </ul>

**Key objectives (Pupils must know and remember these facts / Improve, hone & apply these skills)**

Children recognise their self-worth and identify positive things about themselves and their achievements. Children understand different feelings in themselves and others and be considerate of these. To face new challenges with positivity. To know how to set goals and discuss fears and worries about the future. To understand individual rights and responsibilities as a member of their class, school, wider community and the country they live in. To be aware of personal behaviour, both in person and online the impact that it can have on others and how individual choices can result in rewards and consequences and how these feel.

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 6</b>	<b>Good to be me</b> <ul style="list-style-type: none"> <li>You are unique</li> <li>Let it out</li> <li>Uncomfortable feelings</li> <li>Confidence</li> <li>Do the right thing</li> <li>Making amends</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>People we love</li> <li>Think before you act</li> <li>It is OK to disagree</li> <li>You decide</li> <li>Secrets</li> <li>False friends</li> </ul>	<b>Being Healthy</b> <ul style="list-style-type: none"> <li>Mental Wellbeing</li> <li>Internet safety and harms</li> <li>Physical Health and fitness</li> <li>Healthy Eating</li> <li>Drugs, alcohol and tobacco</li> <li>Health and prevention</li> <li>Basic first aid</li> </ul>	<b>Going for goals</b> <ul style="list-style-type: none"> <li>You can achieve anything</li> <li>Breaking down barriers</li> <li>Future focus</li> <li>Equal opportunities</li> <li>The world of work</li> <li>Onwards and upwards</li> </ul>	<b>Getting on and Falling out</b> <ul style="list-style-type: none"> <li>Together everyone achieves more</li> <li>Communicate</li> <li>Compromise and collaborate</li> <li>Care</li> <li>Unkind behaviour</li> <li>Shared responsibilities</li> </ul>	<b>Changes</b> <ul style="list-style-type: none"> <li>Me, My Body, My Health</li> <li>Emotional Wellbeing</li> <li>Life cycles</li> <li>Personal relationships</li> <li>Keeping safe</li> <li>Living in the wider world</li> <li>Moving to Secondary – transition to Year 7</li> </ul>

**Key objectives (Pupils must know and remember these facts / Improve, hone & apply these skills)**

Children recognise their self-worth and identify positive things about themselves and their achievements. To recognise and understand different feelings in themselves and others and be considerate of these. To face new challenges with positivity. To know how to set goals and discuss fears and worries about the future. To understand how choices and actions can have far-reaching effects, locally and globally. To recognise the different roles people can have, how to make positive contributions, how to make collective decisions and how to deal with conflict. To understand individual rights and responsibilities as a member of their class, school, wider community and the country they live in. To be aware of personal behaviour, the impact that it can have on others and how individual choices can result in rewards and consequences and how these feel. To have a greater understanding of democracy and its benefits, at a school, local and national level and how individuals can contribute towards it.