

Parkwood Primary School PSHE Curriculum Map

Through their PSHE learning, children will consider the following questions:			In PSHE, our children explore the follow concepts in order to enable them to grow into kind, caring and responsible individuals who have respect for others and know how to keep themselves and others safe:			
• How can I keep myself safe?			• Family and relationships			
• How can I keep others safe?			• Health and wellbeing			
• How can I show myself respect?			• Safety and the changing body			
• How can I show others respect?						
• How can I be a responsible citizen?						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	<u>Family and Relationships</u> What is family? What are friendships? Friendship problems Healthy friendships Gender stereotypes		<u>Health and Wellbeing</u> Understanding my emotions Ready for bed Handwashing and personal hygiene Sun safety Allergies		<u>Safety and the Changing Body</u> Adults in school Adults outside school Making an emergency phone call Appropriate contact Safety with substances	
Year 2	<u>Family and Relationships</u> Families are all different Unhappy friendships Introduction to manners and courtesy Gender stereotypes: careers and jobs		<u>Health and Wellbeing</u> Experiencing different emotions Developing a growth mindset Healthy diet Looking after our teeth		<u>Safety and the Changing Body</u> Communicating online Secrets and surprises Appropriate contact: my private parts Appropriate contact: my private parts are private Staying safe with medicine	
Year 3	<u>Family and Relationships</u> Healthy families Friendship conflicts Friendship: conflict vs bullying Learning who to trust Respecting differences in others Stereotyping gender		<u>Health and Wellbeing</u> My healthy diary Wonderful me Resilience: breaking down barriers Diet and dental health		<u>Safety and the Changing Body</u> First aid: emergencies and calling for help Cyberbullying Influences Keeping safe out and about	
Year 4	<u>Family and Relationships</u> Respect and manners Healthy friendship Bullying Stereotypes: disability Change and loss		<u>Health and Wellbeing</u> Looking after our teeth Celebrating mistakes My happiness Emotions Mental health		<u>Safety and the Changing Body</u> Internet safety: age restrictions Share aware Privacy and security Growing up Introducing puberty	
Year 5	<u>Family and Relationships</u> Friendship skills Marriage Respecting myself Family life Bullying Stereotypes: race and religion		<u>Health and Wellbeing</u> The importance of rest Taking responsibility for my feelings Healthy meals Sun safety Alcohol, drugs and tobacco: making decisions		<u>Safety and the Changing Body</u> Online friendships Staying safe online Puberty Menstruation Emotional changes in puberty Conception Pregnancy and birth	
Year 6	<u>Family and Relationships</u> Respect Respectful relationships Challenging stereotypes Resolving conflict Change and loss		<u>Health and Wellbeing</u> Taking responsibility for my health The impact of technology on health Resilience toolbox Immunisation Physical health concerns		<u>Safety and the Changing Body</u> Alcohol Social media Physical and emotion changes of puberty Conception Pregnancy and birth	