

















PSHE Curriculum Map

	Reception PSED and Health and Self-care are a continuous learning focus throughout the year in EYFS.	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Au 1	Identity, society and equality: Myself Keeping safe and managing risk: Playground	Identity, society and equality: Me and others Mind Mate – Friends and Families/Being the same and being different.	<ul style="list-style-type: none"> Sex and relationship education: Boys and girls, families Mind Mate – Friends and Families/Being the same and being different	Identity, society and equality: Celebrating difference Mind Mate – Friends and Families/Being the same and being different	Mental health and emotional wellbeing: Dealing with feelings Mind Mate – Feeling good and being me/Strong Emotions	 Keeping safe and managing risk: When things go wrong Mind Mate – Solving Problems	Keeping safe and managing risk: Keeping safe Out and about  Keeping safe and managing risk: Buddies
	Road Safety.	Road Safety	Road Safety	Road Safety	Road Safety	Road Safety NSPCC Workshop (every third year 19/20)	Road Safety NSPCC Workshop (every third year 19/20) Bikeability
Au 2	Sex and relationship education: My body	Mental health and emotional wellbeing: Feelings Mind Mate – Feeling good and being me/Strong Emotions	Mental health and emotional wellbeing: Friendship Mind Mate – Feeling good and being me/Strong Emotions	Mental health and emotional wellbeing: Strengths and challenges Mind Mate – Feeling good and being me/Strong Emotions	 Drug, alcohol and tobacco education: Making choices Mind Mate – Life Changes	 Identity, society and equality: Stereotypes, discrimination and prejudice (including tackling homophobia) Mind Mate – Friends and Families/Being the same and being different	 Drug, alcohol and tobacco education: Weighing up risk Mind Mate – Solving Problems
	Anti-bullying week.	Anti-bullying Week	Anti-bullying Week	Anti-bullying Week	Anti-bullying Week	Anti-bullying Week	Anti-bullying Week
Sp 1	Physical health and wellbeing: Fun times	Physical health and wellbeing: Fun times	Physical health and wellbeing: What keeps me healthy?	Physical Health and Wellbeing What helps me choose?	Identity, society and equality: Democracy Mind Mate – Friends and Families/Being the same and being different	 Sex and relationship education: Growing up and changing	 Mental health and emotional wellbeing: Healthy minds Mind Mate – Feeling good and being me/Strong Emotions
	Internet Safety Day.	Internet Safety Day	Internet Safety Day	Internet Safety Day	Internet Safety Day	Internet Safety Day	Internet Safety Day
Sp 2		Careers, financial capability and economic wellbeing: My money		Careers, financial capability and economic wellbeing: Saving, spending and budgeting	Careers, financial capability and economic well-being: Borrowing and earning money (Y5 unit taught in Y4)	<ul style="list-style-type: none"> Sex and relationship education: Growing up and changing (Y4 unit taught in Y5) Mind Mate – Life Changes	Identity, society and equality: Human rights Mind Mate – Friends and Families/Being the same and being different
Su 1	Keeping safe and managing risk: Strangers First Aid: calling 999	 Keeping safe and managing risk: Feeling safe Mind Mate – Life Changes First Aid: calling 999	Keeping safe and managing risk: Indoors and outdoors Mind Mate – Life Changes First Aid <ul style="list-style-type: none"> unconscious casualty Recovery position 	<ul style="list-style-type: none"> Keeping safe and managing risk: Bullying – see it, say it, stop it Mind Mate – Life Changes First Aid: <ul style="list-style-type: none"> recovery position serious bleeding 	 Keeping safe and managing risk: Playing Safe  First Aid: <ul style="list-style-type: none"> Choking 	Physical health and wellbeing: In the media	 Sex and relationship education: Healthy relationships / How a baby is made  Keeping safe and managing risk: FGM
Su 2	Drug, alcohol and tobacco education: Myself Additional Unit to support transitions: Sex and relationship education: Transition	 Drug, alcohol and tobacco education: What do we put into and on to bodies?	 Drug, alcohol and tobacco education: Medicines and me	 Drug, alcohol and tobacco education: Tobac is a drug	Physical health and wellbeing: What is important to me?	 Drug, alcohol and tobacco education: Different influences Mind Mate – Feeling good and being me/Strong Emotions First Aid: <ul style="list-style-type: none"> suspected heart attack 	Extra unit: Sex and relationship education: Transition Mind Mate – Life Changes First Aid: <ul style="list-style-type: none"> review of first aid skills