

Whole School Curriculum Map

Relationships
Living in the wider world.
Health and well being



St Mary's Church of England Primary School
Nurturing Creative Thinkers



Subject Area: PSHE long term plan.

	Autumn 1 Relationships	Autumn 2 Relationships	Spring 1	Spring 2	Summer 1	Summer 2
Y1	What is the same and different about us?	Who is special to us?	What helps us stay healthy?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?
Vocabulary	Differences Unique Gender Race, Community Different Skills, skills, self-belief, incredible, proud, celebrate, relationships, special, appreciate	Family, Friend, teachers, Grandparents, Parents Mum Dad Step parents Foster parents, Secure	Healthy Unhealthy Choices Balance Hygiene Care Exercise Likes/dislikes	Saving Money Budget, pocket money, spending, bank	School Rules Classroom Teachers Parents Emergency services	Environment Litter picking Animal houses Recycling kindness Rules Global links
Y2	What makes a good friend?	What is bullying?	What jobs do people do?	What helps us to stay safe?	What helps us grow and stay healthy?	How do we recognise our feelings?
Vocabulary	Kindness, Listening Honesty, Arguments Playing, Compromise Conflict Celebrate, relationships trustworthy	similarity, same as, different from, difference, bullying, bullying behaviour, online, deliberate, on purpose, unfair, included, bully, bullied, celebrations, special, unique	Vets, teacher, doctor, nurse, shop worker, waiter, chef, electrician, builder, manual labour, degree, bus driver	rules, law, internet safety, green cross code, Emergency services, safe, responsible. Rules, unsafe, hazards, road safety, fire safety, danger. Safe PANTS	healthy, unhealthy, balanced, exercise, sleep, choices, clean, body parts, keeping clean, toiletry items, vaccinations and immunisations	Respect Sad, angry, frustrated, disappointed, happy, excited Expressions, body language, discussion

Y3	How can we be a good friend?	What keeps us safe?	What are families like?	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
vocabulary	Conflict Celebrate Success Praise Sharing Turn taking	Real, fake, danger, good touch, bad touch, pants, private, Medicines Responsibility Behaviour	Divorced Single Relationships, separated Partner Family Support Foster Adopted Step parents Foster parents	Building, Community purpose, Communication, Support togetherness Friendship Relatability Rules, Charity, Family neighbours	Dental hygiene Calcium Sweets/sugars Balance Food groups car	Physical Energy, Balance, Diet intake Healthy diet, oral health, physical activity, active, sleep, vaccination routine, hygiene, food, rest, routines.
Y4	What strengths, skills and interests do we have?	How do we treat each other with respect?	How can we manage our feelings?	How can friends communicate safely?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?
vocabulary	Hobbies Interest Goal, challenge, skill, attribute,	Family, culture, age, gender, personal interests, belief, community, diverse, view Different, Similar, Diverse Respect, Views Experiences, Expectations Group	Emotions Feelings mindfulness Conflict, change, emotion, loss, grief, bereavement	Social media Age restriction Law Digital age of consent Debate, Age classification, computer game, pressure, Choices, Habits	Reduce, reuse, recycle, food choices, car share scheme, vegetarian/vegan diets, litter picking, modes of transport, Religious diet, cultural diet, moral diet, ethical, fair trade, farming, seasonality, consumers, screen time, health, wellbeing, food, choices, sleep.	Water safety, green cross code, highway code, country code, rules, managing risks, social responsibility.

Y5	What makes up a person's identity?	What decisions can people make with money?	How can we help in an accident or emergency?	How will my body change over time?	How can drugs common to everyday life affect health?	What jobs would we like?
vocabulary	Family, culture, age, gender, personal interests, belief, community, diverse, view Different, Similar, Diverse Respect, Views, Experiences, Expectations Group,	Money Bank accounts Savings, spending, banks, Currency Jobs, earn, win, find Part time work Choices Manufacture, pressure, decisions, value, spend, shift, full-time, part-time, shift, paid, unpaid, Charity, Fund raiser Community, Saving, Jobs World of work, Occupation Wage / salary , budget	Identify risks, help, circulation heart, breathing Emergency services Resuscitation, Conscious, recovery position, elevate, shock	behavioural, changes, attitudes, values, human life cycle, reproductive organs, conception, breasts, pregnancy, womb, uterus, egg, ovum, menstruation, periods, penis, erection, vagina, contraception, lifecycle, roles,	Cigarette, e-cigarette, shisha, cannabis, health, money, alcohol, tobacco, nicotine, media, influence, pressure, choice, age restrictions, Substance, Medicine Legal, Illegal, Drugs Ask Frank, Effects, Risks Prescribed, Solvents, Alcohol Tobacco, Role models, heart disease	Aspirations Goals, Skills Qualities Applications Qualifications Degree Apprenticeships, work experience, volunteering, university
Y6	How can we keep healthy as we grow?	How can we keep healthy as we grow?	How can the media influence people?	How can the media influence people?	What will change as we become more independent? How do friendships change as we grow?	What will change as we become more independent? How do friendships change as we grow?
vocabulary	Puberty, emotional, physical, behavioural, changes, attitudes, values, gender, stereotyping, age, religion, culture, values, relationships, friendships, differences, love, reproduction, human life cycle, reproductive	Mental health, mood, feelings, mind, strategies, support stigma discrimination, exercise, food choices	Social media platforms, Instagram Influencers Internet Positive/negative body image, Stereotype, homophobic, sexist, disability, trans phobic, discrimination, gender, role models, prejudice	Misleading, marketing, consumers, advertising, role model, media, reality, manipulate	Money, Part time job, Peer pressure, social media, Peer pressure, consequence, antisocial, law, peer pressure, independent, gangs, youths, behaviour, protected.	Money, Part time job, Peer pressure, social media, Peer pressure, consequence, antisocial, law, peer pressure, independent, gangs, youths, behaviour, protected.