



Aintree Davenhill Primary School – PSHE Curriculum Map

	Autumn		Spring		Summer	
Nursery	Health and Well-Being	Health and Well-Being	Living in the Wider World	Living in the Wider World	Relationships	Relationships
	Autumn - Getting to know others - Recalling names - Recognising similarities and differences between people in the class - Identifying what is special about themselves - Exploring feelings that you may have starting nursery i.e. anxious, nervous, sad - Celebrating achievements - Recognising what children can do - Setting and achieving simple goals - Recognising qualities of a good friend - Understanding how to recognise and respond to bullying (Link to Anti-Bullying Week) - Working with another child Spring - PANTS – Keeping Safe - Celebrating similarities and differences - Recognising special people in our lives - Understanding different types of families - Understanding how we are all different - Understanding how to celebrate being different - Exploring gender stereotypes - Understanding how to stay safe online - Explaining who to tell if you are worried or scared - To identify, manage and express a range of emotions - To explain what charity is and explain why people donate to charities - How to keep our body and mind healthy - The benefits of exercise Summer - To explore the feeling of loss - To explore feeling lonely - To identify important people in our lives - To identify special people in our lives - To explain why we have friends - To identify the qualities of a good friend - To identify what makes us happy or sad - To identify basic ways to use medicine correctly - To explain how to manage difficult feelings - To explain how and why to keep clean - To identify people in their family					
Reception	Health and Well-Being	Health and Well-Being	Living in the Wider World	Living in the Wider World	Relationships	Relationships
	Autumn - Recognising a range of emotions, i.e. happy, sad, excited - Recalling names - Recognising what make them special - Recognising similarities and differences between people in the class - Recognising what children can do - Setting and achieving simple goals - To identify the qualities of a good friend - To identify and respond to bullying (Link to Anti-Bullying Week) - To describe how to make friends and play with other children - To understand the importance of keeping clean including hand washing Spring - PANTS – Keeping Safe - To recognise what makes us proud - To recognise our achievements - To celebrate the achievements of others - To explore assertive skills - To explain who we are similar and different - To explore gender stereotypes - To explore different types of families - Understanding how to stay safe online - Explaining who to tell if you are worried or scared - To identify, manage and express a range of emotions - To explain what charity is and explain why people donate to charities - To explain why exercise is good Summer - To understand the terms fair and unfair and identify what is fair and unfair - To explore different types of families - To identify special people in our lives and explain why these people are special - To begin to break gender stereotypes - To begin to challenge gender stereotypes - To explain how to use medicine safely - To identify how things can change - To begin to prepare for change - To explain why - To explain how and why to keep clean - To identify people in their family - To understand change is good					
	Health and Well-Being		Living in the Wider World		Relationships	

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Year 1	• To set a goal • To understand and explain how to keep teeth healthy • To understand the importance of food • To understand the difference between healthy and unhealthy foods • To understand the importance of variety on a diet • To explain how to use medicine safely • To explain what voting is and why it is important (Link to Student Council Elections) • To identify different types of bullying and explain what to do if they are being/witness bullying (Link to Anti-Bullying Week) • To identify and explain a range of positive and negative emotions • To understand how to share feelings • To understand how to keep my body and mind healthy	• To understand what charity is and explain why people donate to charity • To understand the difference between wants and needs • To celebrate achievements • To celebrate the achievements of others • To fundraise money for a charity • To explain how to keep safe online • To identify who to talk to if you are worried or scared about something • To explain how you can keep yourself safe at home • To explain how to keep safe at home • To explain the difference between good and bad secrets • To know when and how to call 999 • To understand the PANTS rule	• To identify the qualities of a good friend • To explain what a compliment is and why it is important • To recognise our achievements • To identify places and people who make me feel safe • To explain why these places and people make us feel safe • To explain why good friends are important and explore how to make new friends • To understand good friendships and saying no • To understand what 'bad' secrets are • To explain who is in their family, while recognising families are different • To explain how they have grown and changed
Year 2	Health and Well-Being • To set a goal • To identify healthy and unhealthy foods • To explain what a healthy snack is • To name the 5 food groups • To identify foods within each of the food groups • To understand the importance of eating fruit and vegetables • To explain how to stay safe around harmful substances • To identify the risks associated with smoking • To explain what parliament is and why it is important (Link to Student Council Elections) • To identify different types of bullying and explain what to do if they are being/witness bullying (Link to Anti-Bullying Week) • To explain what conflict is and ways of resolving conflict • To explain that to do if conflict escalates • How to call 999	Living in the Wider World • To understand what charity is and explain why people donate to charity • To fundraise money for a charity • To explain the difference between wants and needs • To explore life in different countries • To explain how their life is different to the lives of children in other countries • To explain how to keep safe online • To identify who to talk to if you are worried or scared about something • To explain how to keep safe around fire • To explain the risks associated with fire • To explore gender stereotypes • To know when and how to call 999 • To understand the PANTS rule	Relationships • To identify the qualities of a good friend • To explain how to keep ourselves safe (Link to PANTS rule) • To understand what pride is and identify what makes us proud • To explain why it is important to feel proud • To explain what makes us proud of other people • To understand what makes a good friend • To identify how we can be a good friend to others • To understand emotions • To explain how to talk about feelings and emotions • To name private parts of their body using correct vocabulary • To explain who is in their family, while recognising families are different
Year 3	Health and Well-Being • To set a goal • To explain what food groups make up meals • To understand how food choices can contribute to tooth decay • To explain what a drug is • To categorise drugs • To explain the effects of passive smoking • To understand the effects of caffeine • To explain democracy and explain why democracy is important (Link to Student Council Elections) • To explain the difference between unkindness and bullying (Link to Anti-Bullying week) • To explain what conflict is and ways of resolving conflict • To explain what to do if conflict escalates • To explore the benefits of exercise • To explain how to keep my body and mind healthy • To explain how and when to share feelings • To explain a healthy lifestyle	Living in the Wider World • To understand what charity is and explain why people donate to charity • To fundraise money for a charity • To explain the difference between wants and needs • To explore life in different countries • To explain how their life is different to the lives of children in other countries • To explain how to keep safe online • To identify who to talk to if you are worried or scared about something • To explain how to keep safe around fire • To explain the risks associated with fire • To explore gender stereotypes	Relationships • To identify the qualities of a good friend • To identify positive thoughts and how positive thoughts can affect us • To explore the concept of self-talk and identify how this can help us • To identify what makes a healthy relationship and explain what makes a good friend • To understand peer pressure and saying no • To discuss personal boundaries • To explain who is in their family, while recognising families are different • To understand what dementia is and how it is related to memory
Year 4	Health and Well-Being • To set a goal • To explain how food gives us energy • To explain why nutrients are important • To understand the risks and dangers associated with smoking • To explain the risks associated with alcohol • To understand how democracy works in the UK (Link to Student Council Elections) • To understand the role of the bully, bystander and victim in a bullying scenario (Link to Anti-Bullying week) • To develop critical think skills about information available online - This includes thinking critically about information, people who may try to talk to you and images online • To explore the benefits of exercise • To explain how to keep my body and mind healthy • To explain how and when to share feelings • To explain a healthy lifestyle	Living in the Wider World • To understand what charity is and explain why people donate to charity • To fundraise money for a charity • To explain how to save and the benefits of saving • To explain how to keep safe online • To identify who to talk to if you are worried or scared about something • To understand how stereotypes can label people • To explain how to break gender stereotypes • To explain how and why to share emotions • To explain how to keep your mind healthy • To explain trust online • To explain critical thinking skills	Relationships • To identify the qualities of a good friend • To understand a growth mind-set and how it can affect us • To understand rights in a friendship and to explain why it is important to know these rights • To understand responsibilities in a friendship and explain why it is important to know these responsibilities • To understand healthy friendships and saying no • To explain how to keep your mind healthy • To explain who is in their family, while recognising families are different • To begin to understand the basic changes that happen during puberty • To begin to understand menstruation • To explore how dementia affects the whole family • To explore how assistive technologies can help people living with dementia
Year 5	Health and Well-Being • To set a goal • To explain what makes a healthy meal (Link to Eat Like A Champ) • To explain the importance of nutrients and fibre (Link to Eat Like A Champ) • To explain the importance of hydration (Link to Eat Like A Champ) • To understand the importance of portion control (Link to Eat Like A Champ) • To interpret and understand information on food labels (Link to Eat Like A Champ) • To explain what makes a situation fair or unfair (Link to Student Council Elections) • To explain how being excluded can affect people and to explain what to do if they are being bullied/witness bullying (Link to Anti-Bullying Week) • To explore the risks associated with drug use • To challenge misconceptions about drug users • To explain what peer pressure is and how to challenge it • To explain how to keep my body and mind healthy • To explain how and when to share feelings • To explain a healthy lifestyle	Living in the Wider World • To understand what charity is and explain why people donate to charity • To fundraise money for a charity • To understand deductions that are taken from payslips • To explain what budgeting is and why it is important • To explain what migration is • To explain why people need to migrate • To explain how to keep safe online • To identify who to talk to if you are worried or scared about something • To understand mental health • To understand how to talk about feelings • To understand how to look after our mental health • To explore gender stereotypes • To explain why it is important to challenge gender stereotypes	Relationships • To identify the qualities of a good friend • To understand online pressure • To explain how to use games and apps safely • To understand peer pressure and saying no online • To understand healthy friendships • To understand how to identify good friendships • To understand benefits of a growth mind-set and explain how to develop a growth mind-set • To explain who is in their family, while recognising families are different • To understand the physical and emotional changes that happened during puberty • To know the types of difficulties people with dementia may experience
Year 6	Health and Well-Being • To set a goal • To understand the importance of exercise • To explain the risks associated with alcohol • To understand the risks associated with cannabis and volatile substance abuse • To understand how a parliamentary debate takes place in the House of Commons (Link to Student Council Elections) • To understand explain difference and similarities (Link to Anti-Bullying Week) • To develop critical think skills about information available online (this includes thinking critically about information, people who may try to talk to you and images online) • To explain how to keep my body and mind healthy • To explain how and when to share feelings • To explain a healthy lifestyle	Living in the Wider World • To understand what charity is and explain why people donate to charity • To fundraise money for a charity • To explore the anxieties around transition • To understand mental health and how to talk about feelings • To understand the importance of sleep • To understand the reasons people may be homeless • To explain what hidden homelessness is • To challenge stereotypes associated with homelessness • To explain how to keep safe online • To identify who to talk to if you are worried or scared about something • To identify risks that they may face • To understand what risky behaviours are • To challenge gender stereotypes	Relationships • To identify the qualities of a good friend • To understand how to develop positive self-talk • To explore positive friendships and explain what makes a friendship successful • To gain basic first aid skills • To explain who is in their family, while recognising families are different • To understand the physical and emotional changes that happened during puberty • To understand healthy on and offline friendships If covering sex education: • To understand human reproductive system • To know the types of difficulties people with dementia may experience • To explore ways in which communities can support people living with dementia