



Holy Spirit Catholic Primary school

Long Tem Curriculum Plan

PSHE Curriculum Map 2021 – 2022



	Autumn	Spring	Summer
Nursery and Reception	Journey in Love ongoing throughout the year – The Wonder of Being special and unique		
	Mental Wellbeing ongoing throughout the year – ROAR, managing own self-care, yoga, meditation, mindfulness		
Nursery and Reception PSHE	<p>Families and Friendships</p> <ul style="list-style-type: none"> Making new friends Playing together Recognise differences between families and friends Making friends Solving conflict Know that we can like different things Knowing similarities and differences between family and friends <p>Safe Relationships</p> <ul style="list-style-type: none"> Asking for help Talking about home and community Talk about special times with friends and family Confident to talk to others about own needs <p>Respecting ourselves and others</p> <ul style="list-style-type: none"> My own feelings Our actions can hurt others feelings The importance of how others feel, to share Understand and emphasise this other 	<p>Belonging to a community</p> <ul style="list-style-type: none"> Adapting behaviour New routines, new events and situations Remember events from own experience Work as part of a group or class Follow rules and routines Adjust and adapt behaviour to rules and routines <p>Media Literacy and Digital Resilience</p> <ul style="list-style-type: none"> Information can come from computers Interest in technology Recognise technology used at home and school <p>Money and work</p> <ul style="list-style-type: none"> Shows an interest in different occupations and ways of life Similarities and differences between communities Everyday language related to money 	<p>Physical Health</p> <ul style="list-style-type: none"> Handwashing Changes in body and how they feel Good sleeping, eating exercise and hygiene Manage self care <p>Growing and Changing</p> <ul style="list-style-type: none"> What makes us unique Similarities and differences between themselves and others <p>Keeping Safe</p> <ul style="list-style-type: none"> Know how to use equipment safely Ways to keep safe Tackling new challenges and managing some risks

	How to play fairly Knowing acceptable behaviour		
Year 1 Journey in Love ongoing throughout the year – We meet God’s love in our Family			
Mental Wellbeing ongoing throughout the year – ROAR, keeping healthy, yoga, meditation, mindfulness			
Year 1 PSHE	Families and Friendships Roles of different people; families; feeling cared for Safe Relationships Recognising privacy; staying safe; seeking permission Respecting ourselves and others How behaviour affects others; being polite and respectful Anti – Bullying week	Belonging to a community What rules are; caring for others’ needs; looking after the environment Media Literacy and Digital Resilience Using the internet and digital devices; communicating online Internet Safety Day Money and work Strengths and interests; jobs in the community	Physical Health Keeping healthy; food and exercise, hygiene routines; sun safety Growing and Changing Recognising what makes them unique and special; feelings; managing when things go wrong Keeping Safe How rules and age restrictions help us, keeping safe online
Year 2 Journey in Love ongoing throughout the year - We meet God’s Love in our community			
Mental Wellbeing ongoing throughout the year – ROAR, managing feelings and asking for help, yoga, meditation, mindfulness			
Year 2 PSHE	Families and Friendships Making friends; feeling lonely and getting help Safe Relationships Managing secrets; resisting pressure and getting help; recognising hurtful behaviour Respecting ourselves and others Recognising things in common and differences; playing and working cooperatively; sharing opinion Anti – Bullying week	Belonging to a community Belonging to a group; roles and responsibilities; being the same and different in the community Internet Safety Day Media Literacy and Digital Resilience The internet in everyday life; online content and information Money and work What money is; needs and wants; looking after money	Physical Health Why sleep is important; medicines and keeping healthy; keeping teeth healthy. Growing and Changing Growing older; naming body parts; moving class or year Keeping Safe Safety in different environments; risk and safety at home; emergencies

Year 3 Journey in Love ongoing throughout the year – How we Live in Love			
Mental Wellbeing ongoing throughout the year – ROAR, what affects us, expressing feelings, yoga, meditation, mindfulness			
Year 3 PSHE	Families and Friendships What makes a family, features of family life? Safe Relationships Personal boundaries; safely responding to others; the impact of hurtful behaviour Respecting ourselves and others Recognising respectful behaviour; the importance of self-respect; courtesy and being polite Anti – Bullying week	Belonging to a community The value of rules and laws; rights, freedoms and responsibilities Media Literacy and Digital Resilience How the internet is used, assessing information online Internet Safety Day Money and work Different jobs and skills; job stereotypes; setting personal goals	Physical Health Health choices and habits Growing and Changing Personal strengths and achievements; managing and reframing setbacks Keeping Safe Risks and hazards; safety in the local environment and unfamiliar places
Year 4 Journey in Love ongoing throughout the year – God loves us in our differences			
Mental Wellbeing ongoing throughout the year – ROAR, what affects us, expressing feelings and understanding body language, yoga, meditation, mindfulness			
Year 4 PSHE	Families and Friendships Positive friendships, including online Safe Relationships Responding to hurtful behaviour; managing confidentiality; recognising risks online Respecting ourselves and others Respecting differences and similarities; discussing difference sensitively Anti – Bullying week	Belonging to a community What makes a community, shared responsibilities? Media Literacy and Digital Resilience How data is shared and use Internet Safety Day Money and work Making decisions about money; using and keeping money safe	Physical Health Maintaining a balanced lifestyle; oral hygiene and dental care Growing and Changing Personal identity; recognising individuality and different qualities Keeping Safe Medicines and household products; drugs common to everyday life

<p>Year 5 Journey in Love ongoing throughout the year– God loves us in our changing and developing</p> <p>Mental Wellbeing ongoing throughout the year – ROAR, staying calm, healthy sleep habits, yoga, meditation, mindfulness</p>			
<p>Year 5 PSHE</p>	<p>Families and Friendships Managing friendships and peer influence</p> <p>Safe Relationships Physical contact and feeling safe</p> <p>Respecting ourselves and others Responding respectfully to a wide range of people; recognising prejudice and discrimination</p> <p>Anti – Bullying week</p>	<p>Belonging to a community Protecting the environment; compassion towards others</p> <p>Media Literacy and Digital Resilience How information online is targeted, different media types, their role and impact</p> <p>Internet Safety Day</p> <p>Money and work Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	<p>Physical Health Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p> <p>Growing and Changing Physical and emotional changes in puberty; personal hygiene routines; support with puberty</p> <p>Keeping Safe Keeping safe in different situations, including responding in emergencies, first aid and FGM</p>
<p>Year 6 Journey in Love ongoing throughout the year – The wonder of God’s love in creating new life</p> <p>Mental Wellbeing ongoing throughout the year – ROAR, what affects mental health and how to take care of it, yoga, meditation, mindfulness</p> <p>Gangs’ workshops – James Riley</p>			
<p>Year 6 PSHE</p>	<p>Families and Friendships Different relationships</p> <p>Safe Relationships Recognising and managing pressure; consent in different situations</p> <p>Respecting ourselves and other Expressing opinions and respecting other points of view, including discussing topical issues</p> <p>Anti – Bullying week</p>	<p>Belonging to a community Valuing diversity; challenging discrimination and stereotypes</p> <p>Internet Safety Day</p> <p>Media Literacy and Digital Resilience Evaluating media sources; sharing things online</p> <p>Money and work Influences and attitudes to money; money and financial risk</p>	<p>Physical Health Managing change, loss and bereavement; managing time online</p> <p>Growing and Changing Human reproduction and birth; increasing independence; managing transition</p> <p>Keeping Safe Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p>