

PSHE- Curriculum Mapping and outcomes					
Year Group	Topic	Concepts	Outcomes	Key Vocabulary	Further Vocabulary
Reception	Me and My Relationships	Talk about why we are each special, feelings, families and who can help	Describe different feelings, can say who can help if they are feeling sad and can try to help a friend who is feeling sad Can talk about and celebrate similarities and differences in myself and others	Family	Relationship, Family, Special, Safe, Happy, Feelings, Joy, God, Celebrate
	Valuing Differences	Similarities and differences in families and homes	To be a good friend by listening to others and being kind, caring and helpful To talk about their own family and listen to what others say about their lives	difference	Like, Dislike, Respect, Family, Tradition, Special, Safe, Different ,Wonder, Unique, Human dignity , Friend
	Keeping Safe	Medicines, feelings and people who keep us safe	Know how to keep their bodies healthy and safe, including through the safe use of medicine Know how to stay safe in their home, classroom, outside and online Name adults and people within the community that keep them safe	safe	Safe, Clean, Medicine, Unsafe, Feelings, Environment, Touch, Community
	Rights and Respect	Looking after myself, my classroom, home and money	Identify how they can care for their home, school and special people	caring	Friend, Community, Environment, World Special, Beautiful Money, CST – Caring for God’s Gifts (Sofia the Sloth) - Stewardship
	Being my Best	Looking after my body: Exercise, healthy food and a good night's sleep.	To feel resilient and use strategies to approach challenges	best	Skill, Celebrate, Healthy , Mental health Exercise, Routine, best,
	Growing and Changing	Seasons, life cycle of plants and humans	Use the scientific names when naming parts of the body Can say the PANTS rule	Changes	Growing, Changing . Season, living things, baby, child, teenager, adult, age

Year 1

Me and My Relationships	Recognise different feeling and how to mange them with help	Is able to recognise different feelings, how they might make them behave and suggest what they might do to deal with 'not so good' feelings Can recognise when they need help and can name some trusted adults who can help them	Feelings	Rules, Ready, Respectful, Safe, School, Follow, Teachers, Pupils, happy, sad, Angry, upset, Confused, Worried, Scared, Excited, Family, Friends, Mum, Dad, Grandparents, Adult, Friendships, kindness, unkind,
Valuing differences	Celebrate differences and distinguish the differences between teasing, bullying and unkindness	To celebrate and begin to show empathy with those who are different To know the key differences between teasing, being unkind and bullying.	unkind	Hair, Eyes, Skin, Colour, Families, Unkind, Tease, Bully, Help, Adult, Tell, Kind, Unkind, Behaviour, Special, helpers, Family, Friends, Teachers,
Keeping safe	Recognise how to it feels to be unsafe and recognise the differences between good and bad touches	Talk about the safe use of medicines and understand that medicine can make people better. Name the body parts that are private and recognise feelings of being unsafe Recognise emotions and physical feelings associated with feeling unsafe and know how to ask for help from a trusted adult	Medicines	Good, Bad, Tablets, Calpol, Household items, cupboard, Bottle, Safe, Sleep, tired, brain, awake, technology, help, comfortable, alert, concentrate, good, touch, bad, privates, no means no, tell, adult, secret, PANTS, play, boys, girls, difference, together, sharing, care, family, safe,
Rights and Respect	Know how to look after ourselves Begin to understand money	Recognise when how to look after themselves, other people and environments Begin to recognoise what money is spent on	Responsibility	Rights, hygiene, wash, brush, hands, teeth, toothpaste, toothbrush, soap, cough, sneeze, tissue, clean, dirty environment, litter, help, safe, planet, money, job, adults, spend, bank, cash, card, lots, little, injury, head, bump, note, adult, check, safe, age, adult, difference
Being my best	Recognise strategies to resolve conflicts and challenges	Recognise that learning a new skill requires practice and the opportunity to feel safe Identify strategies to resolve conflict	Healthy	5 a day, healthy, food, fruit, vegetables, unhealthy, fat, sugar, juice, disease, prevent, stop, soap, cough, sneeze, tissue, clean, dirty, hands, wash, soap, challenge, learning powers, resilience, difficult, easy, goal, conflict, resolve, friendships, adult, kindness, talking, listening, bodies, parts, differences, recognise, Spiritual, God, love, care, pray, family, kind, listen, help

	Growing and Changing	Understand the changes our body goes through from a baby to now	To understand secrets and surprises and who to talk to if a secret makes them uncomfortable To know how they have changed since being a baby	private	Baby, bottle, feed, sleep, cot, burp, sick, gentle, play, clothes, toddler, change, height, hair, colour, bodies, child, brain, skills, Unkind, Tease, Bully, Help, Adult, Tell, Kind, Unkind, secrets, surprises, tell, adult, good, bad, good, touch, bad, privates, no means no, tell, adult, secret, PANTS, world, people, differences, our, love
Year 2	Me and My Relationships	Classroom rules Understand the difference between bullying and teasing	Understand that there are different ways of expressing feelings Can say what makes a good friend and recognise these qualities in themselves Knows what bullying is and and can give ideas on what to do if being bullied	Bullying	Rules, Emotions, Friendship, Bullying, Community Relationship
	Valuing Difference	How do we make other's feel? Being left out	To recognise acts of kindness and how once person's actions can affect the feelings of another To be respectful towards those that are different to themselves including recognising that there are many different types of families To recognise and use good listening skills	Similarities	Special, Behaviour, Kindness, Feelings, Human dignity, Differences, similarities
	Keeping safe	Keeping myself safe Examples of things we can do to feel better without medicines Saying 'no', safe secrets	Give some examples of safe and unsafe secrets, including touches that are ok and not ok. identify situations in which they would feel safe or unsafe, identifying a trusted adult that they can talk if feeling unsafe, Understand that medicines can be helpful or harmful	unsafe	Medicine Safe Unsafe Touch Community
	Rights and Respect	Choices around behaviour Choices around money Keeping online information private	Understand how to make choices with money Recognise ways to look after the environment Be identify strategies in co-operating with others	community	Help, Personal information, Tell, Choices, Environment, Stewardship. Rights, Responsibilities community
	Being My Best	Learning line Healthy and unhealthy choices Handwashing, vaccines Describe good dental hygiene Energy, exercise and sleep	To explain good dental hygiene To understand and explain their learning in linking to growth mindset	Growth mindset	Growth Mindset, Germs, Hygiene, Vaccination, Dental hygiene, Community

	Growing and changing	Positive feedback Identify feelings of loss and being reunited People who can help in school or community Looking after the environment Respecting Privacy	Describe feelings of loss and what people can do to help them feel better To understand the PANTS rule, what consent means and how to protect privacy including when to ask for help	privacy	Growing Changing Privacy Touch First Aid Stewardship
Year 3	Me and My Relationships	Recognise healthy positive relationships	Recognise why friends may fall out and how to resolve issues Can communicate feelings and know that emotions help a person cope with difficult times	Conflict	Strategies, feelings, recognising, grief, help, support, talking, listening, adults, help, kindness, helping, chores, words, actions, discrimination, differences, races, ethnic, background, religion, age, disability, friendships, help, safe, happy,
	Valuing differences	Celebrate differences in people and recognise when someone is unkind about these	Recognise that people may have different origins, national, regional and religious backgrounds Suggest ways to deal with bullying or prejudice	Prejudice	Discrimination, differences, races, ethnic, background, religion, age, disability, skin colour, bullying, online, repeated, actions, words, feeling, unkindness, mean, adoption, fostering, same sex, parents, family, love, care
	Keeping safe	How substances can be harmful to us and how to keep ourselves safe from danger	Understand the words danger and risk, and be able to identify risk factors in given situations Define the word 'drug' and understand that nicotine and alcohol are both drugs. Recognise and describe appropriate behaviour online, including understanding potential risks associated with browsing online	risk	Risk, reward, danger, safety, safe, unsafe, difference, drugs, medicine, helpful, harmful, bodies, unhealthy,
	Rights and Respect	Recognise people who help us in our school and community Begin to understand how money is earned and spent	Understand the ways money is earned and spent appropriately Recognise who can help me in school and my community	income	Volunteer, helper, ask, listen, responsible, safe, healthy, doctor, dentist, nurse, police, paramedic, firefighter, teacher, income, earning, adults, pay, cash, card, job, wage, solution, problem, resolve, conflict, friendships, unkind, behaviour, feelings, repair, strengthened, spending

	Being my best	Recognise how to be healthy Listen to other viewpoints	Explain how washing hands can help prevent infection spreading and how illnesses spread from one person to another Explain their achievements/skills and new skills to develop	viewpoint	5 a day, healthy, food, fruit, vegetables, unhealthy, fat, carbohydrates, protein, eat well plate, befits, balanced, diet, disease, infection, reduce, wash, hands, clean, dirty, doctor, rest, medicine, emphasise, viewpoint, fair, listen, opinion, talent, difference, accept, enjoy, difference, help, support, listen, advice, talk, adult, tell, joy, happiness, god, friendship
	Growing and Changing	Understand the changes our body goes through from a baby to now	I can tell you what qualities a healthy positive relationship has. I can explain what body space is and how it feels when someone is too close to me	drugs	Space, personal, kind, unkind, invade, distance, safe, unsafe, secrets, tell, difference, recognise, adult, friend, cigarettes, alcohol, health, teeth, body, changes, medicine, drugs, tablets, bottles, adult, supervision, burn, bleeding, ice, tap, cut, stop,
Year 4	Me and My Relationships	Strategies to deal with bullying What makes a positive, healthy relationship Teamwork and collaboration	To know and understand the qualities of a happy healthy relationships To recognise bullying and pressured behaviour and know how to say no when needed	assertive	Bullying, healthy relationship, physical state, body language, Assertive, teamwork, collaboration, unacceptable risk
	Valuing Difference	Understand the terms 'negotiate' and 'difference' Recognise different relationship types	To recognise that differences sometimes lead to conflict but can be managed and celebrated through negotiations and compromise Can explain why it is important to challenge stereotypes	compromise	Ethnicity, gender, religious beliefs, influence, Negotiation, compromise, conflict, difference, respect
	Keeping safe	Explain about being safe and managing risk Knowing how to make informed choices that have an impact on health What positively and negatively affects their physical, mental and emotional health (including the media)	Describe the different types of things that may influence a person to take a risk, demonstrating a good understanding of the words danger and risk Know and explain strategies for safe online sharing, understanding and explaining the implications of sharing images online without consent.	hazard	Social norms, medicines, alternatives, Danger, risk, hazard, hazardous, infectious

	Rights and Respect	Know and explain about British Values: Rule of Law individual liberty	Explain how other people choices and financial responsibilities effect me Begin to share ideas and opinons on decisions that make effect others Name some rights and responsibilities I have	rights	Income tax, VAT, payslip, contribute, public services, Influence, income, expenditure, democratic, responsible
	Being My Best	Know and explain what makes me unique and how to make choices care for the environment we live in. Understanding more about the British Values: Tolerance and Respect	To identify how people are unique special and valuable To understand the ways in which we care for the environment	choices	Contribute, choices, reduce, reuse, Unique, appreciate, recycling, environment, asthma
	Growing and changing	To know and celebrate the uniqueness and innate beauty of each of us	I can describe how change can make a person feel (both negative and positive)	conflict	Conflict, manage differences, administer, Secret, surprise, negotiation, compromise, unresponsive
Year 5	Me and My Relationships	Understanding what makes a healthy relationship, how to work together and resolve conflicts and differences	To identify what things make a relationship unhealthy and who to talk to if they needed help. To learn ways to resolve conflict in an assertive, calm and fair manner.	Collaboration	healthy, unhealthy, collaboratively, relationships, negotiation, compromise
	Valuing Difference	Recognise and understand the qualities of friendships Recognise discrimination, understand how this affects others and begin to consider how this could be challenged	To describe the benefits of living in a diverse society and empathise with people who have been subject to discrimination To evaluate information read online including social media and understand the issues caused by the inaccurate portrayal of information online	discrimination	discrimination, injustice, racism, community, diversity
	Keeping safe	understand bullying and how to tackle it Understand the dangers of habits such as smoking and vaping including the norms and misconceptions	Know key facts and information about drugs and medicines, exploring categorisation of drugs and the risks associated with medicines. Recognise the features of face to face and online bullying and the strategies that deal with it. To reflect on risk and know the consequences of not keeping personal information private and the risks of social media.	strategies	bullying, risk, dare, vaping, habit, smoking, drugs, medicines, puberty

	Rights and Respect	Difference between fact and opinion Current media health issues Difference between rights, responsibilities and duties Community groups Spending wisely (loans, debts, interest and credit) Local elections	Recognise the responsibilities I have as I grow older and what others have and how this effects me and my community Develop ideas and opinions on current issues Suggest ways to be financially responsible and identify people in the community who deal with money	critically	health, wellbeing, fact, opinion, voluntary, community, pressure, responsibilities, rights, duties, consumer, loan, debt, credit, interest, council, elections, finance
	Being My Best	Know two harmful effects of drinking alcohol or smoking cigarettes Internal organs, Strengths and talents Improving the school community Star Qualities	To recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life To understand the norms of smoking / vaping and explain the reasons for smoking / drinking and how they impact on a person's life	qualities	strengths, talents, qualities, media, star qualities, sepsis, different
	Growing and changing	Understand the changes that occur through the adolescence Understand emotions more fully Negative and positive behaviour know what to do if something does not feel right (e.g. secrets, touches)	To understand the different types of feelings and emotions associated with puberty. I can give examples of feelings and emotions people have at times of change and how to build up resilience	puberty	resilience, touch, acceptable, unacceptable, inappropriate touch, positive and negative touch, nervous
Year 6	Me and My Relationships	To know and explain that stable and caring relationships, which may be of different types, are at the heart of happy families To know the wonder of God's love in creating new life.	Is able to work through challenges they have with friends with respect, assertiveness and understanding. can explain bystander behaviour by giving examples of what bystanders do when someone is being bullied know types of touch that are against the law and can suggest ways of getting help if someone experiences inappropriate or illegal touch. To recognise how the media can reinforce stereotypes and begin to challenge this	respect	Peer influence, peer pressure, illegal, assertive, commitment appropriate, dignity, sexuality, intercourse, conceive, relationship, uterus, fallopian tubes, marriage, negotiation Compromise sexuality, intercourse, conceive
	Valuing Difference	Respect differences with tolerance and respect for others Learn to challenge gender stereotypes British Values – tolerance and respect	To explain the difference between an active and passive bystander and the difference this can make to bullying situations To reflect on and explain prejudice and how this can sometimes lead to bullying	prejudice	Friendship portrayal stereotypical Acquaintance, society , tolerance Gender stereotype prejudice bystander

	Keeping safe	Learn the British value: rule of law	Understand the risks and legalities of communicating online, demonstrating and understanding of how easily images can be spread. Understand how they can meet their emotional needs, demonstrating an understanding of 'conflicting emotions', responsibility and independence Explain some of the laws, categories and uses of drugs (both medical and non-medical)	addiction	Control drugs, alcohol, racism, medical, Drug, legal, addiction, rule of law, substance
	Rights and Respect	Know and explain there are two sides to every story. Know and explain about finance and saving money Learn the wonder of God's love in creating new life	Recognise ways that democracy and laws keep us safe Explain the ways to money is saved and spent in local communities including how public services are supported by tax payers To analyse and reflect on bias in the media	biased Sperm, ova	Voluntary, income tax, VAT, pressure group, mission statement, interest sexuality, intercourse, conceive, relationship, uterus, fallopian tubes, marriage, Fact, opinion, biased, impartial,
	Being My Best	Know and explain the five ways to well being	To consider how health, well being and mental health can contribute to a person's aspiration and success To understand and explain the outcomes of risk taking in a given situation including emotional risk	aspirations	Healthy lifestyle, five ways to well being, aspirational, risk- factors, Risk taking,
	Growing and changing	Know and explain about media manipulation	To identify the physical and emotional challenges faced during puberty and the strategies or support available for this To know how to stay safe when sharing images online and the laws surrounding this To identify places or people of support and that confidentiality must be broken to keep a person safe	stereotype	Protect, stereotypical, challenge, Gender – portrayal, immune system,