

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 To say what they think To understand that listening to others means not interrupting To identify different ways a person can learn to do something tricky	Family	Stuck, special, practice, effort, same, different, Joy, God, Celebrate God, wonder, love, hands, fingers, nails, faces, noses, lips, ears, hair, features, colour, shape, size, unique, belonging, different, special, womb, describe, friends, generous, worried, baptism, family, friends, help, feelings, sad, happy, emojis, Interrupt
	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 To identify things they find challenging To set challenges for themselves to work towards To begin to understand the importance of speaking clearly To identify how people feel when they find something difficult	difference	special, likes, dislikes, favourite, same, different, kind, unkind, compliment, affirmation, kindness, lonely, trust, apologise, new friend, friendship, caring, speaking, difficult
	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 To understand that it's Ok to like different things To identify things they find challenging To set challenges for themselves to work towards To understand that they can ask for help from others	safe	food, exercise, sleep, wash, healthy, energy, grow, safe, worried, tell, adult, trust, screen usage, keep clean, keep safe, water, fresh air, cuddle, medicine, chemist, doctor, grown up, unsafe, detective, address, try/trying, help safe place, save, imagine, improve, Money, CST – Caring for God's Gifts (Sofia the Sloth) - Stewardship
	Rights and Respect	Looking after myself, my classroom, home and money	Identify how they can care for their home, school and special people To talk about what I imagine with details To identify characteristics of different mindsets and suggest how a growth mindset can be developed Identify the uses of money; Begin to understand that money can be kept safely in a bank as digital money;	caring	Caring, family, help each other, look after, be alone, friends, help, lonely, stranger, trust, safe, uncomfortable, working together, responsibility, helpful, environment, litter, electricity, pollution, recycling, spending, money, shop, buy, cost, pay, digital money, online gaming,

Year 1			Recognise that adults can use devices like phones to pay for things; Think about the risks related to online gaming. To talk about what I imagine with details		
	Being my Best	Looking after my body: Exercise, healthy food and a good night's sleep.	To identify different ways a person can learn to do something tricky To understand what appropriate and inappropriate behaviour is To Make a friend	best	best, help, friends, positive, resilient, goals, yet, tricky, behaviour,
	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 To identify things they find challenging To understand the importance of helping others	Changes	changes, growing, changing, season, living things, baby, child, teenager, adult, age, help, good work, private parts, penis, vulva, testicles, vagina, sperm, eggs, privacy, my body is mine (body autonomy), dolls and cars are for everyone (gender stereotyping), nipples, breasts, breastfeeding, anus, safe, unsafe, tummy feelings, family, mother, challenge, challenging, emotion, aiming high
	Me and My Relationships	Recognise different feeling and how to mange them with help	I can name a variety of different feelings and explain how these might make me behave. I can think of some different ways of dealing with 'not so good' feelings. I know when I need help and who to go to for help. I can tell you some different classroom rules. To know there are lots of different jobs and boys and girls can do the same jobs To understand learning at school is important for my future To describe how it feels to fail	Feelings	mindset, rules, safe, responsibility, work together, listening, fair, unsafe, apologise, respect, feelings, body language, emotions, support, behaviour, hurt, help, heal, friendship, making up, include, alone, lonely
	Valuing differences	Celebrate differences and distinguish the differences between teasing, bullying and unkindness	I can say ways in which people are similar as well as different. I can say why things sometimes seem unfair, even if they are not To work well with others by behaving appropriately To work well with others by taking responsibility for completing my tasks. To describe the learning journey and what learning means	unkind	unkind, unkindness, tease, teasing, bullying, behaviour, online bullying, aggressive, target, safe, unsafe, rules, fair, unfair, kind, include, unique, different, failing
	Keeping safe	Recognise how to it feels to be unsafe and	I can say what I can do if I have strong, but not so good feelings, to help me stay safe (e.g. sad - talk to someone). I can give examples of how I keep myself healthy. I can say when medicines might be harmful (e.g. overdose, if not needed, another person's medicine, etc.) To identify the characteristics of growth and fixed mindsets; to describe what happens in the brain when we learn	Medicines	consent, entertainment, risks, donating, harmful, medicines, sleep, rest, grow, tired, screen usage, feelings, worried, scared, nervous, support, unsafe, sad, safe, emotions, loss, lost, medicine, responsibility, teamwork, learning

	Rights and Respect	Know how to look after ourselves Begin to understand money	I can give some examples of how I look after myself and my environment - at school or at home. I can also say some ways that we look after money.	Responsibility	responsibility, behaviour, consequences, promise, special promise, gratitude, grateful, safe, unsafe, difference, sharing, world, needs, responsible, rules, respect, money, cost, bills, spending, afford, online gaming, bank, coin, note, worth, saving, digital money, digital payments, first aid, risk, accident, danger, hazard, kettle, burn, scald, emergency, growth, fixed
	Being my best	Recognise strategies to resolve conflicts and challenges	To name a range of careers To identify personal challenges	Healthy	healthy, fruit, vegetables, dairy, sugar, meat, salt, cereal, routine, hygiene, clean, germs, disease, spread, praise, support, feedback, feelings, encourage, include, teamwork, team, safe, resilient, respectful, vet/veterinary, persevering, learning, practice, make mistakes, confidence, achievement
	Growing and Changing	Understand the changes our body goes through from a baby to now recognise the differences between good and bad touches	I can identify an adult I can talk to at both home and school. If I need help. I can tell you some things I can do now that I couldn't do when I was a toddler. To identify and set learning challenges for themselves	Private	private, energy, water, food, air, oxygen, exercise, sleep, healthy, screen usage, age, trust, privates, penis, vagina, vulva, nipples, buttocks, bottom, testicles, scrotum, breasts, anus, surprise, secret, qualities, challenge
Year 2	Me and My Relationships	Classroom rules Understand the difference between bullying and teasing	I can suggest rules that will help to keep us happy and friendly and what will help me keep to these rules. I can also tell you about some classroom rules we have made together. I can give you lots of ideas about being what makes a good friend and also tell you how I try to be a good friend. Most of the time I can express my feelings in a safe, controlled way. To describe the strengths and interests suited to different jobs To recognise the joy and friendship of belonging to a diverse community To identify strategies that would help with a fixed mindset	include	happy, safe, caring, friendly, encourage, feelings, showing feelings, help, friendship, kind, unkind, include, unsafe, strengths

	Valuing Difference	How do we make other's feel? Being left out	I can tell you some ways that I can get help, if I am being bullied and what I can do if someone teases me. I can say how I could help myself if I was being left out. I can give a few examples of good listening skills and I can explain why listening skills help to understand a different point of view. Know that scientists are diverse To identify how we feel when we make a mistake	Bullying	difference, bullying, repeated, online bullying, loneliness, respect, unique, human dignity, feelings, behaviour, calm, aggressive, solve, kind, kindness, unkind, stereotypes, error
	Keeping safe	Keeping myself safe Examples of things we can do to feel better without medicines Saying 'no', safe secrets	I can give some examples of safe and unsafe secrets and I can think of safe people who can help if something feels wrong. I can give other examples of touches that are ok or not ok (even if they haven't happened to me) and I can identify a safe person to tell if I felt 'not OK' about something. I can explain that they can be helpful or harmful, and say some examples of how they can be used safely. Explain own and understand others' feelings in a team To understand gender stereotypes	unsafe	sleep, medicines, safety, safe, unsafe, feelings, worried, getting help, touch, surprise, secret, tell, emotions, engineer
	Rights and Respect	Choices around behaviour Choices around money Keeping online information private	I can give examples of strategies I can use when I am unsettled and say when I've used some ideas to help me when I am not settled. to explain what the characteristics of effort are	community	community, responsibility, help, share, take turns, listen, feelings, control, erupt, group, belonging, accepted, money, spending, saving, digital payments, effort
	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 To know I can be what I want to be To be able to set learning challenges;	Growth mindset	growth mindset, choose, choices, healthy, unhealthy, vaccination, injection, disease, hygiene, germs, teeth, dental, first aid, risk, accident, danger, hazard, kettle, safe, burn, scald, emergency, animator, improve

	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	I can give examples of how it feels when you have to say goodbye to someone or something (e.g. move house). I can give examples of how to give feedback to someone. To understand the PANTS rule, what consent means and how to protect privacy including when to ask for help To identify different stages of effort To identify the different types of work involved in some jobs	privacy	Stewardship genitals, penis, vulva, private, private parts, consent, permission, secret, unsafe, uncomfortable, tell, someone you trust, testicles, vagina, breasts, nipple, bottom, anus, effort, help, support, supportive, change, loss, feelings, emotions, frightened, nervous, excluded, community groups, parish, community, behaviours
Year 3	Me and My Relationships	Recognise healthy positive relationships	I can usually accept the views of others and understand that we don't always agree with each other. I can give you lots of ideas about what I do to be a good friend and tell you some different ideas for how I make up with a friend if we've fallen out. To recognise that listening is an important skill in different careers	Conflict	rules, safety, misinformation, disinformation, overcome, conflict, continuum, opinions, respectful, courteous, challenging, preferences, strategies, point of view, calm, apologise, listen, making up, safe, unsafe, trust, concentration
	Valuing differences	Celebrate differences in people and recognise when someone is unkind about these	I can give examples of different community groups and what is good about having different groups. I can talk about examples in our classroom where respect and tolerance have helped to make it a happier, safer place. To identify what happens in your brain when you are learning something;	Prejudice	prejudice, respect, cooperation, listening skills, politeness, courtesy, manners, family, adoption, fostering, same-sex couple, blended family, stereotype, similarities, differences, identity, needs, disability, race, colour, gender, sexuality, cyberbullying, trolling, upstander, bystander, online bullying, discrimination, abuse, educators, neurons
	Keeping safe	How substances can be harmful to us and how to keep ourselves safe from danger	I can say what I could do to make a situation less risky or not risky at all. I can say why medicines can be helpful or harmful. I can tell you a few things about keeping my personal details safe online. I can explain why information I see online might not always be true. To appreciate and explore careers related to health To identify the characteristics of a growth and fixed mindset	risk	risk, trust, safe, unsafe, danger, dangerous, risky, feelings, strategies, consequence, internet safety, search engine, phishing, browsing, fake news, misinformation, disinformation, medicines, harmful, drugs, helpful, instructions, cigarettes, nicotine, alcohol, dare, persuade, proud, healthcare, debate

Year 4	Rights and Respect	Recognise people who help us in our school and community Begin to understand how money is earned and spent	I can say how I can help the people who help me, and how I can do this. I can give an example of this. To identify the importance of making mistakes as part of the learning process	income	fact, opinion, misinformation, disinformation, fake news, volunteer, wellbeing, income, saving, spending, difference, mistake
	Being my best	Recognise how to be healthy Listen to other viewpoints	I can explain and give an example of a skill or talent that I've developed and the goal-setting that I've already done (or plan to do) in order to improve it. To identify an area of challenge and barriers to learning and develop ways to overcome these To understand that no job role is designated to a specific gender and some of the laws that surround this	viewpoint	balanced diet, proteins, muscles, dairy, teeth, bones, starchy carbohydrates, energy, fruit & veg, healthy, infection, cleanliness, hygiene, rest, sleep, water, medicine, dose, drug, safety, instructions, debate, discussion, continuum, courteous, respectful, justify, unwelcome, discrimination, motivation
	Growing and Changing	Understand the changes our body goes through from a baby to now	I can name a few things that make a positive relationship and some things that make a negative relationship. I can identify when someone hasn't been invited into my body space and show how I can be assertive in asking them to leave it if I feel uncomfortable To discuss how to overcome failure in different contexts To recognise a stereotype	drugs	internet safety, public, private, personal information, profile, digital tattoo, personal space, body space, invade, uncomfortable, respect, stop, touch, penis, testicles, scrotum, vulva, vagina, nipples, anus, secret, surprise, feelings, angry, upset, jealous, worried, excited, scared, talk, first aid, risk, accident, danger, hazard, kettle, safe, burn, scald, emergency, logic, determination
	Me and My Relationships	Strategies to deal with bullying What makes a positive, healthy relationship Teamwork and collaboration	I can give a lot of examples of how I can tell a person is feeling worried just by their body language. I can explain what being 'assertive' means and give a few examples of ways of being assertive. To know listening is the receiving, retaining and processing of information or ideas	assertive	success, successful, positive healthy relationship, respect, responsibilities, qualities, excluded, assertive, aggressive, negotiate, safe, unsafe, friendly, rude, face-to-face, compromise, respectful, controlling, feelings, physical effects, sad, unhappy, devastated, miserable, distressed, lonely, alone, ignored, isolated, abandoned, apologetic, regretful, remorseful, rueful, repentant, aching, sore, agonising, painful, happy, delighted, ecstatic, joyful, calm, untroubled, assured, confident, peaceful, scared, frightened, petrified, terrified, bothered, environmental

	Valuing Difference	Understand the terms 'negotiate' and 'difference' Recognise different relationship types	I can say what I could do if someone was upsetting me or if I was being bullied. I can say a lot of ways that people are different, including religious or cultural differences. I can explain why it's important to challenge stereotypes that might be applied to me or others. To define the word respect and demonstrate ways of showing respect to others' differences. To identify strategies for persevering and learning when they make a mistake; To describe how we should treat others making links with the diverse, modern society we live in	compromise	stereotype, challenge, disagree, upstander, negotiation, compromise, conflict, respect, disrespect, agree, safe, unsafe, similarities, responsibilities, belief, aggressive, apologise, aggressor, target, bystander, prejudice, discrimination, fair, equal, sharing, acquaintances, relationships, friendly, friend, self-confidence, unkind, tease, pressure, independent, bullying, online bullying, persevere
	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)	I can give examples of people or things that might influence someone to take risks (e.g. friends, peers, media, celebrities), but that people have choices about whether they take risks I can say a few of the risks of smoking or drinking alcohol on a person's body and give reasons for why most people choose not to smoke, or drink too much alcohol. I can give examples of positive and negative influences, including things that could influence me when I am making decisions.	hazard	privacy, privacy settings, security, AI – Artificial Intelligence, danger, dangerous, risk, risky, hazard, hazardous, sunburn, dare, assertive, risks, online challenge, critical thinking, controlling, aggressive, social norm, choices, pros and cons, restrict
	Rights and Respect	Know and explain about British Values: Rule of Law individual liberty	I can explain how a 'bystander' I can have a positive effect on negative behaviour they witness (see happening) by working together to stop or change that behaviour. I can explain how these reports (TV, newspapers or their websites) can give messages that might influence how people think about things and why this might be a problem.	rights	democracy, rules, phishing, scams, trolling, griefers, influence, opinion, respectful, courteous, influencer, misinformation, disinformation, anti-social behaviour, witness, upstander, aggressor, income, expenditure, essential, income tax, national insurance, VAT, deductions, public services, characteristics

Year 5			I can give examples of these decisions and how they might relate to me. To identify the characteristics of an effective learner;		
	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	I can give a few examples of different things that I do already that help to me keep healthy. I can give different examples of some of the things that I do already to help look after my environment. To keep trying when something goes wrong, and think about what happened To identify the characteristics of growth and fixed mindset	choices	unique, individual, choices, agree, disagree, respect, respectful, support, encourage, decisions, health, wellbeing, refuse, reduce, re-use, rot, recycle, repair, re-think, first aid, injury, minor, accident, emergency, blood, nose bleed, choking, breathing, airway, unresponsive, casualty, burn, wound, recovery, scald, analyse, elasticity
	Growing and changing	To know and celebrate the uniqueness and innate beauty of each of us	I can give a few examples of different things that I do already that help to me keep healthy. I can label some parts of the body that only boys have and only girls have. I understand the pants rule To name some skills needed for different jobs	secret	learning line, practice, secret, surprise, uncomfortable feelings, testicles, vulva, vagina, penis, breasts, nipple, bottom, anus, uniqueness, innate beauty, true self, organisation, effective
	Me and My Relationships	Understanding what makes a healthy relationship, how to work together and resolve conflicts and differences	I can give a range of examples of our emotional needs and explain why they are important. I can explain why these qualities are important. I can give a few examples of how to stand up for myself (be assertive) and say when I might need to use assertiveness skills. To reflect on when they use different mindsets and how this affects their learning	Collaboration	development, negotiation, compromise, conflict, resolution, loneliness, self-esteem, safe, unsafe, sensitive, insensitive, lonely, insecure, unhealthy relationship, verbal abuse, physical abuse, sexual abuse, uncomfortable touching, abuse, include, respect, assertive, controlling, passive, aggressive, neglect, rejection, bullying, bystander, creativity
	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	I can give examples of different faiths and cultures and positive things about having these differences. I can explain how people sometimes aim to create an impression of themselves in what they post online that is not real and what might make them do this.	discrimination	bullying, cyberbullying, bystander, upstander, aggressor, target, online bullying, self-esteem, fake news, misinformation, disinformation, biased, fact, critical thinking, disagree, assertive, friendship, listening, talking, loneliness, negotiate, compromise, controlling, listening skills, respect, neglect, diverse, metaphor, multi-cultural society, prejudice,

					discrimination, equality, equity, construction, typecast
	Keeping safe	Understand bullying and how to tackle it Understand the dangers of habits such as smoking and vaping including the norms and misconceptions	I can give examples of things that might influence a person to take risks online. I can explain that I have a choice. I can say the percentage of people aged 11-15 years old that smoke in the UK (3%) and I can give reasons why some people think it's a lot more than this.	strategies	personal information, privacy settings, responsibility, misinformation, disinformation, AI – Artificial Intelligence, substance, stimulant, risk taking, assertive, empathy, retail, efficacious
	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	I can give examples of some of the rights and respect of others' rights (people and things) I have as I grow older, at home and school. I can also give real examples of each that relate to me. I can give a few different examples of things that I can take ownership of to keep myself healthy. I can explain that local councils have to make decisions about how money is spent on things we need in the community. I can also give an examples of some of the things they have to allocate money for.	critically	voluntary group, community group, pressure group, rights, duties, responsibility, costs, wages, salaries, rent, Fairtrade, borrow, loan, credit, debit, interest, public services, council, vote, elections, councillors, justification, hippocampus
	Being My Best	Know two harmful effects of drinking alcohol or smoking cigarettes Internal organs, Strengths and talents Improving the school community Star Qualities	I can give an example of when I have had increased independence and how that has also helped me to show that I can take ownership of something. I can name several qualities that make people attractive that are nothing to do with how they look, but about how they behave. Know about the emotional, internal and exchanges that occurs during puberty	qualities	perseverance, commitment, resilience, determination, patience, interpersonal skills, community, school community, sepsis, life skill, personal qualities, celebrities, freedom, intrinsic, extrinsic
	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)	I can give examples of feelings and emotions people have at times of change and how to build up resilience I can explain what resilience is and how it can be developed. I am able to identify when I need help and can identify trusted adults in my life who can help me.	puberty	testicles, vulva, vagina, penis, breasts, nipple, bottom, anus, in confidence, break a confidence, confidential, illusion, influence, testicles, vulva, vagina, penis, breasts, nipple, bottom, anus

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.	I can explain bystander behaviour by giving examples of what bystanders do when someone is being bullied. I can give examples of negotiation and compromise. To understand what marriage is and the legalities are	respect	feedback, balanced friendship, respectful, assertive, assertiveness, resolution, rejected, peer pressure, neglect, controlling, abuse, acceptance, public sector
Valuing Difference	Respect differences with tolerance and respect for others Learn to challenge gender stereotypes British Values – tolerance and respect	I can reflect on and give reasons for why some people show prejudiced behaviour and sometimes bully for this reason. I can explain the difference between a passive bystander and an active bystander and give an example of how active bystanders can help in bullying situations. To recognise how the media can sometimes reinforce gender stereotypes;	prejudice	witness, bystander, unique, positive feedback, confidence, self-esteem, self-worth, isolated, insecure, problem, solution, conflict, negotiate, compromise, diversity, sexual orientation, stereotype, prejudice, discrimination, assertive, identity, respect, tolerance, relationships, friend, acquaintance, masculinity, gender stereotype, media influence, assumption, digital platforms, upstander
Keeping safe	Learn the British value: rule of law	I can explain why emotional needs are as important as physical needs and what might happen if a person doesn't get their emotional needs met. I can explain some ways of making sure that I keep myself safe when using a mobile phone, including safety around sharing personal information or images, and that there are laws relating to this. I can explain why some people believe that more young people drink alcohol than actually do (misperceive the norm).	addiction	social media, parental consent, trolling, online safety, sharing, bot, troll, digital footprint, digital tattoo, misinformation, disinformation, habit, addiction, emotional needs, drug laws, age restrictions, possess, supply, produce, illegal, penalties, alcohol, short-term effects, long-term effects, risks, norms, gay, identity, routes, internal, external
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	I can explain why people might do this (why they are showing certain aspects of themselves) and how social media can affect how some people feel about themselves I can explain that what 'environmentally sustainable' living means and give an example of how we can live in a more 'sustainable' way. I can explain the advantages and disadvantages of different ways of saving money.	biased Sperm, ova	biased, unbiased, fact, opinion, stereotype, assertive, social media, profile, online safety, image, sharing, saving, bank account, building society account, debit card, interest, Junior ISA, cash, value, online gaming, digital resilience, justify
Being My Best	Know and explain the five ways to well being	I can tell you how I can overcome problems and challenges on the way to achieving my goals. I can give examples of an emotional risk and a physical risk.	aspirations	life skill, sepsis, Red Cross, first aid, emergency, ambulance, operator, information, serious, scenario, adult, script, role, feelings, panic, calm, responsive, unresponsive, racism, assessing risk,

					weigh up, dilemma, controlling, self-esteem, neglect, self-worth, choices, influence, misinformation, online behaviours, contribution, priorities, careless mistakes
	Growing and changing	Know and explain about media manipulation	I can give an example of a secret that should be shared with a trusted adult. I can tell you some emotional changes associated with 'puberty' and how people may feel when their bodies change. I can give examples of other ways in which the way some people feel about themselves can be affected (e.g. images of celebrities).	stereotype	body image, self-esteem, manipulation, deepfake, digital media, self-worth, media manipulation, stereotype, gender stereotype, assertive, peer pressure, right to privacy, sharing online, online safety, change, support, conversation, discuss, network