

Pennoweth Primary School PSHE Curriculum Map 2022-23

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>EYFS (not all from Lifewise curriculum)</u>	Transition –new starts. Rules and relationships Cities, towns, land and sea Celebrating families and their differences Road safety	Embedding DNA – building relationships, targeted stories (social stories) Emotions Importance of sleep	The great outdoors Making mistakes 1	Planting our food Plants we can eat Making mistakes 2	Looking after and caring for living things	Transition – preparing for year 1 Being ‘ready’ Water safety
<u>Year 1</u>	Braving the Weather Road Safety Understanding Difficult Feelings	Emergency Services Being Happy First Aid/CPR	Being Mindful Communication A Problem Shared is a Problem Halved	Trust Respecting Others Safety Symbols	Food Safety & What Not to Eat Water Safety My Body Belongs to Me	Getting Your Sleep Hygiene & Me Signalling & Sign Language
<u>Year 2</u>	Forest Survival Happiness It’s Okay Not to be Okay	Feeling sad Dealing with Loss Personal Goal Setting	The Art of Failure Fight or Flight Relaxation	My Body is Growing Fire safety Medicines & Drugs	Desert Island Navigation Environment	Wildlife Protecting Our Planet Cyber Safety
<u>Year 3</u>	Relationships with Others	Self-image Anxiety	Problem solving & Time Management	My Body, Your Body	Who Can We Trust	BV - Culture & Liberty Screen Time

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	Helping Others to Get Help Growth Mindset Mindfulness	Anger - Difficult Feelings & Behaviours Stress	Self-worth Personal Hygiene	Vaccinations & Disease Sun Safety	Exercise BV - Democracy & Law (Freedom to Choose)	Staying Safe Online
<u>Year 4</u>	Respect Problem Solving and Resourcefulness Leadership	Bullying Keeping My Body Safe Being Responsible	A Balanced Diet Healthy Eating The Importance of Physical Activity	Where does my food come from? Sleep Screen Time	Family Relationships BV – Government and Rules BV – Freedom in Beliefs	Everything will be alright Try and Try Again Relaxing to re-charge
<u>Year 5</u>	Learning Resilience Teamwork BV- Laws & Parliament	Dealing with Adversity Responsibility & Inspiration Body Language & Communication	Respecting others – Boundaries and Beliefs My Body Changes The NHS	You get out what you put into Life Communicating Effectively The Digital World	Supporting the Community BV – Freedom of Speech and movement Saving Money Borrowing Money	Junk Food Nutritional Values The Human Body Keeping My Body the Same
<u>Year 6</u>	Tax Entrepreneurship Banks	Organisation of Life Pensions	From Learning to Working How to Write a CV	The Government Law	Drugs, Alcohol and Smoking My Amazing Body	BV – Rights and Radicalisation Feeling Anxious

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	First Aid	Power of Negotiation	Self – Perception	BV – Lawmakers & Activists	Transition	Recognising and Controlling Anger
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