



The Sherwood School PSHE Curriculum Map



| | Living in the wider world | | Health and Wellbeing | | Relationships | |
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| | Autumn 1 Theme – Being Me In My World | Autumn 2 Theme – Celebrating Difference | Spring 1 Theme – Dreams and Goals | Spring 2 Theme – Healthy Me | Summer 1 Theme - Relationships | Summer 2 Theme – Changing Me |
| EYFS | Self-identity Understanding feelings Being in a classroom Being gentle Rights & Responsibilities | Identifying talents Being special Families Where we live Making friends Standing up for yourself | Challenges Perseverance Overcoming obstacles Seeking help Jobs Achieving goals | Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety | Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend | Bodies Respecting my body Growth & change Fun & fears Celebrations |
| Year 1 | Feeling special & safe Being part of a class Rights & responsibilities Rewards & feeling proud Consequences Owning the learning charter | Similarities & differences Understanding bullying & knowing how to deal with it Making new friends Celebrating differences in everyone | Setting goals Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success | Keeping myself healthy Healthier lifestyle choices Keeping clean Medicine safety/safety with household items Road safety Linking health and happiness | Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Being a good friend to myself Celebrating special relationships | Life cycles – animals & humans Changes since being a baby Linking growing & learning Coping with change Transition |
| Year 2 | Hopes and fears for the year Rights & responsibilities Rewards & consequences Safe & fair learning environment Valuing contributions | Assumptions & stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity | Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success | Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks & sharing food | Different types of family Physical contact boundaries Friendship & conflict Secrets Trust & appreciation | Life cycles in nature Growing from young to old Increasing independence Assertiveness Preparing for transition |

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| | Recognising feelings | Celebrating difference and remaining friends | | | Expressing appreciation for special relationships | |
| Year 3 | Setting personal goals Self-identity and worth Positivity in challenges Rules, rights & responsibilities Responsible choices Seeing things from others' perspectives | Families & their differences Family conflict and how to manage it Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments | Dreams & ambitions New challenges Motivation & enthusiasm Recognising and trying to overcome obstacles Managing feelings Simple budgeting | Exercise Fitness challenges Food labelling & healthy swaps Keeping safe and why it's important online and offline scenarios Respect for myself and others | Friendship & negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends | How babies grow Understanding a baby's needs Family stereotypes Challenging my ideas Preparing for transition |
| Year 4 | Being a school citizen Rights, responsibilities & democracy Rewards & consequences Group decision making Having a voice What motivates behaviour | Challenging assumptions Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is | Hopes and dreams Overcoming disappointment Achieving goals Working in a group Resilience Positive attitudes | Healthier friendships Group dynamics Smoking Assertiveness Peer pressure Celebrating inner strength | Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends & boyfriends Showing appreciation to people and animals | Being unique Confidence in change Accepting change Preparing for transition Environmental change |
| Year 5 | Planning the forthcoming year Being a citizen Rights and responsibilities | Cultural differences and how they can cause conflict Racism | Future dreams The importance of money Jobs and careers | Alcohol Emergency aid Body image Relationships with food | Self-recognition and self-worth Building self-esteem Safer online communities | Self and body image Influence of online and media on body image Puberty - boys & girls (taught in Science) |

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| | Rewards & consequences How behavior effects groups Democracy, having a voice, participating | Rumours and name-calling Types of bullying Material wealth & happiness Enjoying and respecting other cultures | Goals in different cultures Supporting others (charity) Motivation | Healthy choices Motivation and behaviour | Rights and responsibilities online Reducing screen time Dangers of online grooming | Growing responsibility Coping with change Preparing for transition |
| Year 6 | Identifying goals for the year Global citizenship Children's universal rights Group dynamics Anti-social behavior Role-modelling | Perceptions of normality Understanding disability Power struggles Understanding bullying Differences as conflict, difference as celebration Empathy | Personal learning goals, in and out of school Emotions in success Making a difference in the world Motivation Recognising achievements Compliments | Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress | Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety | Body image Puberty and feelings Reflections about change Physical attraction Boyfriends/girlfriends Transition |

Lesson Plans & Resources – JigsawPSHE

