

## **Curriculum Map**

## **PSHE 2024-25**

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Induction	Anti-Bullying Week	Internet Safety		British Values – The	
				Managing Feelings	Rule of Law	Managing Feelings
	All About Me	Managing Feelings	Children's Mental Health	and Behaviours		and Behaviours
		and Behaviours	Week			
	Transition			Self Confidence and	Managing Feelings	Self Confidence and
		Self Confidence and	Managing Feelings and	Self Esteem	and Behaviours	Self Esteem
	Managing Feelings	Self Esteem	Behaviours			
	and Behaviours			Making	Self Confidence and	Financial Education
		Staying Safe + Road	Self Confidence and Self	Relationships	Self Esteem	
	Self Confidence and	Safety Week	Esteem			Making
	Self Esteem			Neurodiversity	RSHE	Relationships
		Making Relationships	Making Relationships	Week	Making	
	Making				Relationships	My Happy Mind
	Relationships	Remembrance Day	British Values – Mutual	British Values –		Module 5 – Engage
			Respect and Tolerance	Individual Liberty	My Happy Mind	What Goal Setting is.
	10 <sup>th</sup> October –	Christmas			Module 4 – Relate	Why goals are
	World Mental	Appreciation and	My Happy Mind		The importance of	important.
	Health Day	Diwali	Module 3 – Appreciate	My Happy Mind	listening to others.	
			What appreciation is.	Module 4 – Relate	How to develop	
	British Values –	My Happy Mind	How to show gratitude	The importance of	good listening skills.	
	Democracy	Module 2 – Celebrate		listening to others.		
		How Character		How to develop	My Happy Mind	
	Black History	Strengths make us		good listening skills.	Module 5 – Engage	
	Month	unique and special.			What Goal Setting	
		Celebrate differences.			is.	
	My Happy Mind				Why goals are	
	Module 1 - Meet				important.	
	your Brain					

	What the brain					
	looks like.					
	The role of the					
	brain.					
	The importance of					
	looking after our					
	brain.					
Year 1	Transition to Year 1	Anti-Bullying Week	Internet Safety	Neurodiversity	Healthy Living	Money Week
	All about	Time Danying Treek	comoc cares,	Week		Financial Education
	me/induction	Staying Safe + Road	Children's Mental Health		British Values – The	Preparing to be
		Safety Week	Week	RSHE – hygiene and	Rule of Law	citizens in society
				the changing body		0.0.20.10 111 000.00,
	Human body,	Looking after our local	Communications/Relationships	Streetwise – Body	Ongoing –	
	senses and feelings	community. (link to	(link with English)	Image and RSE	Managing feelings	Ongoing – Managing
	(link to Science)	Geography)	, ,	Workshops	and behaviours	feelings and
			Looking after our world (link to	·	Making	behaviours
		Remembrance Day	Geography)		relationships	Making relationships
	Black History	,	0 1 77	Ongoing –	Self-confidence and	Self-confidence and
	Month	Christmas	Ongoing – Managing feelings	Managing feelings	self-esteem	self-esteem
		Appreciation and	and behaviours	and behaviours		
		Diwali	Making relationships	Making	My Happy Mind	
	10 <sup>th</sup> October –		Self-confidence and self-	relationships	Module 4 – Relate	My Happy Mind
	World Mental	Ongoing – Managing	esteem	Self-confidence and	What relate means	Module 5 – Engage
	Health Day	feelings and		self-esteem	Celebrate	What it means to
		behaviours	British Values – Mutual		differences in	engage.
	British Values –	Making relationships	Respect and Tolerance	British Values –	others What Active	How to set goals.
	Democracy	Self-confidence and		Individual Liberty	Listening is.	
		self-esteem	My Happy Mind			
	NSPCC – Speak Out,		Module 3 – Appreciate	My Happy Mind	My Happy Mind	
	Stay Safe	My Happy Mind	What we should appreciate.	Module 4 – Relate	Module 5 – Engage	
		Module 2 – Celebrate	The benefits of showing	What relate means	What it means to	
	Ongoing –	Learn the 5 Character	gratitude.	Celebrate	engage.	
	Managing feelings	Strengths.		differences in others	How to set goals.	
	and behaviours	Identify their		What Active		
	Making	Character Strengths		Listening is.		
	relationships	Celebrate others'				
	Self-confidence and	Character Strengths.				
	self-esteem					

	My Happy Mind Module 1 - Meet your Brain Learning about key parts of the brain. What happens in their brain when they feel different emotions. The benefits of calming strategies					
Year 2	Transition to Year 2  Black History  Month	Anti-Bullying Week  Staying Safe + Road Safety Week	Internet Safety Children's Mental Health Week	Neurodiversity Week	Preparing to be citizens in society  British Values – The	Money Week Financial Education Transition to Year 3
	10 <sup>th</sup> October – World Mental Health Day	Families/Relationships (link to English)	Keeping Healthy – diet and exercise (link to Science)	British Values – Mutual Respect and Tolerance	Rule of Law Ongoing – Managing feelings	preparation Ongoing – Managing
	British Values - Democracy NSPCC – Speak Out, Stay Safe	Looking after the environment (link with Science)  Remembrance Day	Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self- esteem	RSHE – positive body image Streetwise Body Image and RSE workshops	and behaviours Making relationships Self-confidence and self-esteem	feelings and behaviours Making relationships Self-confidence and self-esteem
	Physical Activity and the effect on our body (link with PE and Science)	Christmas Appreciation and Diwali	British Values – Mutual Respect and Tolerance	British Values – Individual Liberty Ongoing –	<b>My Happy Mind</b> Module 4 – Relate What relate means	My Happy Mind Module 5 – Engage What it means to engage.
	Ongoing –  Managing feelings  and behaviours  Making  relationships	Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self-esteem	My Happy Mind  Module 3 – Appreciate  What we should appreciate.  The benefits of showing  gratitude.	Managing feelings and behaviours Making relationships Self-confidence and self-esteem	Celebrate differences in others What Active Listening is.  My Happy Mind	How to set goals.
	relationships	self-esteem		self-esteem	<b>My Happy Mind</b> Module 5 - Engage	

	Self-confidence and	My Happy Mind		My Happy Mind		
	self-esteem	Module 2 – Celebrate		Module 4 – Relate		
		Learn the 5 Character		What relate means		
	My Happy Mind	Strengths.		Celebrate		
	Module 1 - Meet	Identify their		differences in others		
	your Brain	Character Strengths		What Active		
	Learning about key	Celebrate others'		Listening is.		
	parts of the brain.	Character Strengths				
	What happens in					
	their brain when					
	they feel different					
	emotions.					
	The benefits of					
	calming strategies					
Year 3	Transition to Year 3	Anti-Bullying Week	Internet Safety	Neurodiversity	Preparing to be	
				Week	citizens in society	Money Week
	Developing a	Staying Safe + Road	Children's Mental Health			Financial Education
	healthier lifestyle	Safety Week	Week	Preparing to be	British Values – The	
	(link to Science)			citizens in society	Rule of Law	Transition to Year 4
		Remembrance Day	Developing a healthy lifestyle –			preparation
	NSPCC – Speak Out,		oral hygiene / exercise/ diet		Ongoing –	
	Stay Safe	Christmas		RSHE –	Managing feelings	
		Appreciation and	Ongoing – Managing feelings	Streetwise Body	and behaviours	
	Black History	Diwali	and behaviours	Image and RSE	Making	Ongoing – Managing
	Month		Making relationships	workshops	relationships	feelings and
		Preparing to be	Self-confidence and self-		Self-confidence and	behaviours
	British Values -	citizens in society.	esteem	British Values –	self-esteem	Making relationships
	Democracy			Individual Liberty		Self-confidence and
	a oth o	Ongoing – Managing	British Values – Mutual		My Happy Mind	self-esteem
	10 <sup>th</sup> October –	feelings and	Respect and Tolerance	Ongoing –	Module 4 – Relate	
	World Mental	behaviours		Managing feelings	Looking at different	My Happy Mind
	Health Day	Making relationships	My Happy Mind	and behaviours	perspectives.	Module 5 – Engage
		Barrian - Batra	Module 3 – Appreciate	Making	The importance of	How to develop the
	0.000	My Happy Mind	Develop the skill of gratitude.	relationships	friendships.	skills of
	Ongoing –	Module 2 – Celebrate	The benefits of giving and	Self-confidence and	The benefits of	perseverance and
	Managing feelings	Identify Character	receiving gratitude.	self-esteem	Active Listening.	resilience.
	and behaviours					

	Making	Strengths indifferent		My Happy Mind	My Happy Mind	Reflect on goals
	relationships	scenarios.		Module 4 – Relate	Module 5 – Engage	whether they area
	Self-confidence and	Develop their		Looking at different	How to develop the	chieved or not.
	self-esteem	Character Strengths.		perspectives.	skills of	
				The importance of	perseverance and	
	My Happy Mind			friendships.	resilience.	
	Module 1 - Meet			The benefits of	Reflect on goals	
	your Brain			Active Listening	whether they area	
					chieved or not.	
	Key parts of the					
	brain and how they					
	work.					
	How to support					
	their brain when					
	feeling different					
	emotions.					
	Creating positive					
	habits.					
Year 4	Transition to Year 4	Anti-Bullying Week	Internet Safety	Neurodiversity	Preparing to be	Money Week
16d1 4	Transition to real 4	Anti-bullying week	internet Salety	Week	citizens in society	Financial Education
	Black History		Children's Mental Health	VVECK	Citizens in society	Tillaliciai Luucatioii
	Month	Developing a	Week	RSHE – puberty	British Values – The	Transition to Year 5
	WIGHT	healthier lifestyle /	vveek	Streetwise Body	Rule of Law	preparation
	NSPCC – Speak Out,	Keeping safe (link to	Caring for the environment	Image and RSHE	itule of Law	preparation
	Stay Safe	Science)	(link to Geography)	workshops	Ongoing –	
	Stay Suite	Science	(mix to deagraphy)	Workshops	Managing feelings	Ongoing – Managing
	10 <sup>th</sup> October –	Staying Safe + Road	Ongoing – Managing feelings	Financial Education	and behaviours	feelings and
	World Mental	Safety Week	and behaviours	ariciai Education	Making	behaviours
	Health Day		Making relationships		relationships	Making relationships
		Remembrance Day		British Values –	Self-confidence and	Self-confidence and
	British Values -		British Values – Mutual	Individual Liberty	self-esteem	self-esteem
	Democracy	Christmas	Respect and Tolerance			
		Appreciation and		Ongoing –	My Happy Mind	My Happy Mind
	Ongoing –	Diwali	My Happy Mind	Managing feelings	Module 4 – Relate	Module 5 – Engage
	Managing feelings		Module 3 – Appreciate	and behaviours	Looking at different	How to develop the
	and behaviours		3 333.2 2 3 444. 23.40	Making	perspectives.	skills of
				relationships	h h	

	Making relationships  My Happy Mind Module 1 - Meet your Brain Key parts of the brain and how they work. How to support their brain when feeling different emotions. Creating positive habits.	Ongoing – Managing feelings and behaviours Making relationships  My Happy Mind Module 2 – Celebrate Identify Character Strengths indifferent scenarios. Develop their Character Strengths.	Develop the skill of gratitude. The benefits of giving and receiving gratitude.	My Happy Mind Module 4 – Relate Looking at different perspectives. The importance of friendships. The benefits of Active Listening.	The importance of friendships. The benefits of Active Listening.  My Happy Mind Module 5 – Engage How to develop the skills of perseverance and resilience. Reflect on goals whether they area chieved or not.	perseverance and resilience. Reflect on goals whether they area chieved or not.
Year 5	Transition to Year 5	Anti-Bullying Week	Internet Safety Children's Mental Health	Neurodiversity Week	Preparing to be citizens in society	Money Week Financial Education
	Black History Month	Staying Safe + Road Safety Week	Week	RSHE - puberty/positive	British Values – The Rule of Law	Transition to Year 6 preparation
	NSPCC – Speak Out, Stay Safe	Remembrance Day  Christmas	Ongoing – Managing feelings and behaviours Making relationships	body image Streetwise Body Image and RSHE	Ongoing – Managing feelings	Ongoing – Managing
	British Values - Democracy	Appreciation and Diwali	Self-confidence and self- esteem	workshops.  British Values –	and behaviours  Making relationships	feelings and behaviours  Making relationships
	10 <sup>th</sup> October – World Mental Health Day / JAMI	Ongoing – Managing feelings and behaviours	British Values – Mutual Respect and Tolerance	Individual Liberty Ongoing –	Self-confidence and self-esteem	Self-confidence and self-esteem
	visit	Making relationships	<b>My Happy Mind</b> Module 3 – Appreciate The brain's reaction to giving	Managing feelings and behaviours Making	<b>My Happy Mind</b> Module 4 – Relate How to build	<b>My Happy Mind</b> Module 5 – Engage Individual and team
	Ongoing –	My Happy Mind	and receiving gratitude at a	relationships	successful	goals.
	Managing feelings	Module 2 – Celebrate	deeper level.	Self-confidence and	friendships.	How to remain
	and behaviours Making relationships	The importance of identifying Character Strengths in	Creating daily habits of gratitude.	self-esteem	Skills needed to actively listen.	engaged with goals. Independently create goals and

	My Happy Mind Module 1 - Meet your Brain The science behind the brain in more detail and understand how to react positively. Use calming strategies independently.	themselves and others. How Character Strengths help indifferent situations. How Character Strengths can support them through transition.	How gratitude can help them through tough times.	My Happy Mind Module 4 – Relate How to build successful friendships. Skills needed to actively listen. How relationships can support them through transition.	How relationships can support them through transition.  My Happy Mind Module 5 – Engage Individual and team goals.  How to remain engaged with goals. Independently create goals and know the steps and strategies needed to achieve these.	know the steps and strategies needed to achieve these.
Year 6	Transition to Year 6  Black History  Month	Anti-Bullying Week  Staying Safe + Road  Safety Week	Internet Safety Children's Mental Health Week	Neurodiversity Week Healthy	Preparing to be citizens in society  British Values – The	Money Week Financial education
	NSPCC – Speak Out, Stay Safe	Remembrance Day  Christmas  Appreciation and  Diwali	Ongoing – Managing feelings and behaviours Making relationships Self-confidence and self- esteem	relationships resolving disputes and conflicts. (link to English) RSHE –	Rule of Law  Transition to secondary school/Streetwise workshop/Junior	Year 6 Residential Ongoing – Managing feelings and behaviours Making relationships
	10 <sup>th</sup> October – World Mental Health Day / JAMI visit	Ongoing – Managing feelings and behaviours Making relationships	British Values – Mutual Respect and Tolerance <b>My Happy Mind</b>	Body Image and RSHE workshops Drugs/Alcohol Education (link to	Citizenship  Ongoing –  Managing feelings  and behaviours	Self-confidence and self-esteem  My Happy Mind Module 5 – Engage
	British Values - Democracy Ongoing – Managing feelings and behaviours	My Happy Mind Module 2 – Celebrate The importance of identifying Character Strengths in	Module 3 – Appreciate The brain's reaction to giving and receiving gratitude at a deeper level. Creating daily habits of gratitude.	Science) British Values – Individual Liberty	Making relationships Self-confidence and self-esteem  My Happy Mind Module 4 – Relate	Individual and team goals. How to remain engaged with goals. Independently create goals and know the steps and

Making	themselves and	How gratitude can help them	Ongoing –	How to build	strategies needed to
relationships	others.	through tough times.	Managing feelings	successful	achieve these.
	How Character		and behaviours	friendships.	
My Happy Mind	Strengths help		Making	Skills needed to	My Happy Mind –
Module 1 - Meet	indifferent situations.		relationships	actively listen.	Yr6 module
your Brain	How Character		Self-confidence and	How relationships	Transition to
The science behind	Strengths can support		self-esteem	can support them	secondary school
the brain in more	them through			through transition.	
detail and	transition.		My Happy Mind		
understand how to			Module 4 – Relate	My Happy Mind	
react positively.			How to build	Module 5 – Engage	
Use calming			successful	Individual and team	
strategies			friendships.	goals.	
independently.			Skills needed to	How to remain	
			actively listen.	engaged with goals.	
			How relationships	Independently	
			can support them	create goals and	
			through transition.	know the steps and	
				strategies needed	
				to achieve these.	