

# Knowle CE Primary Academy

## Curriculum Map: PSHE



Credibility						
Skills Progression	Being Me in My World 1:1	Celebrating Difference 1:2	Dreams and Goals 2:1	Healthy Me 2:2	Relationships 3:1	Changing Me 3:2
Nursery	Make nursery a better place to be.	Being different makes us all special.	Keep trying even when it is difficult.	Healthy bodies.	Making friends.	Know that you grow and change.
Reception	Working well with others.	We are the same and different.	Positive attitudes and feel proud.	Safe, healthy bodies.	Being a good friend.	We all grow from babies to adults.
Year 1	Happy and safe classrooms.	Similarities and differences of people. What is bullying?	Feeling successful and celebrating positivity.	Safe, healthy and happy bodies.	Safe relationships. Behaviours and how they make us feel.	Growing up - body changes. Use correct terminology for 'private' body parts.
Year 2	Making appropriate choices and how they affect others.	Being bullied because of differences.	Being part of a group and complement each other as individuals.	Making choices to keep healthy and safe.	Comparing relationships.	Know that some body parts are private, and some touches are not appropriate.
Year 3	Making responsible choices, following rules and feeling valued.	Family and friendship conflicts, feelings and strategies.	Learning, improving and sharing successes.	Strategies for keeping safe and healthy and who to go to for help. Expressing feelings.	Positive influences from others and personal choices affecting others.	Body changes outside and inside during puberty. Copying with feelings and changes.
Year 4	Being listened to and listening to others. Being democratic.	Accept yourself and others. Spotting bullying and what to do about it.	Plan and set goals. Being resilient.	Stand up to feeling pressured by peers. Recognise feelings of anxiety and fear.	Understanding and managing the feelings of missing a person or animal.	Body changes that prepare for making a baby. Future choices in and out of our control.
Year 5	Rules, rights and responsibilities to make the world a fair place.	Direct and indirect types of bullying. Explain why discrimination is unkind.	Compare hopes and dreams with different cultures.	Respect and value our body.	Compare friendships and associated feelings. Staying safe using technology.	The importance of looking after your body during puberty. The process of conception.
Year 6	Empathy and choices that impact our community and globally.	Differences that are a source for conflict or a cause for celebration.	Making the world a better place.	Substance misuse. Managing stress and pressure.	Managing feelings and situations - loss and standing up for yourself.	The process of conception to birth. Becoming a teenager.