

PSHE Curriculum Map



LADBROOKE JMI SCHOOL

PSHE and the Foundation Stage

In Nursery and Reception PSHE links appear mainly in **Personal, Social and Emotional Development: Building Relationships and Self-Regulation and Managing Self**. The complete progression ladder can be found in the EYFS curriculum document and on the EYFS website page.

Personal, Social and Emotional Development: Managing Self

Nursery			Reception		
MS7: Attempts to dress self, addressing frustrations with adult support	MS8: Can manage self-care and dressing routines with increasing proficiency. Demonstrates a range of emotions and starting to manage these with adult support.	MS9: Selects and uses own resources, asks for help. Is dry and clean during the day and manages own basic hygiene. Becoming more aware of their own emotions and starting to develop strategies to manage these.	MS10: Confident to talk about their own needs, wants, interests and opinions and when they do or don't need help. Is willing to try something new. Shows an awareness and understanding of the effect of what they eat on the body.	MS11: Knows the importance of good health, and a healthy diet. Talks about ways to keep healthy and safe. Is able to recognise a range of basic emotions for themselves and others and can identify appropriate reactions and responses.	MS12: Knows about and can make healthy choices in relation to healthy eating

Personal, Social and Emotional Development: Building Relationships

Nursery			Reception		
BR7: Will willingly approach others to play.	BR8: Can play in a group with friends suggesting ideas. Can initiate an interaction with other children.	BR9: Has a good relationship with peers and familiar adults. Is confident to interact with others.	BR10: Begins to be able to compromise in social situations and negotiate with peers, working as part of a group - understanding and following rules, adapting their behaviours to different situations.	BR11: Takes account of one another's needs and feelings with a growing sense of managing conflict and forms positive relationships with adults and other children.	BR12: Plays group games with rules. Understands someone else's point of view can be different from their own. Resolves minor conflicts through listening to others to come up with a fair solution.

Personal, Social and Emotional Development: Self Regulation

Nursery			Reception		
SR7: Shows more awareness of the feelings of others.	SR8: Is able to adapt behaviour to changes in familiar routine.	SR9: Is able to take turns, accepts the needs of others and is aware of the consequences of their actions. Begins to demonstrate some purpose in mind regarding their activity and focus to achieve this.	SR10: Growing sense of intent in activity, working towards the simple goals in mind with growing persistence	SR11: Confident to speak in a familiar group, will talk about their ideas/simple goals. Will choose the resources they need for their chosen activities and demonstrates persistence towards achieving their intended goals. Can talk about how they and others show feelings, talk about their own and others' behaviour and its consequences	SR10: Reviews their work and suggests how this could be approached differently. Demonstrates resilience looking for their own way to move forward or overcome an issue. Knows some ways to manage their feelings and are beginning to use these to maintain control of their own behaviour

National Curriculum PSHE Curriculum

Purpose of study

All schools must show how well they support children's spiritual, moral, social and cultural (SMSC) development, including the promotion of British Values, and the effectiveness of this will be evaluated as part of the 'personal development' judgement of a school inspection. PSHE and Citizenship Education encompasses many of the elements of effective SMSC provision as well as contributing to personal development by equipping pupils with the attributes, knowledge and skills they need to support physical, mental and emotional wellbeing in school and beyond. PSHE and Citizenship education also contributes to the 'behaviour and attitudes' judgement of school inspections by developing positive attitudes to learning, a positive and respectful culture and by encouraging learners to develop positive behaviour and conduct.

Aims

As a subject, PSHE aims to provide children with the knowledge and skills to keep themselves happy, healthy and safe, as well as to prepare them for life and work. PSHE aims to give children the knowledge, skills and understanding they need to lead confident, healthy and independent lives. Navigating our complex world can be challenging, and parents and teachers play an essential role in preparing children for the future. As such, PSHE aims to equip pupils to:

- Take individual responsibility for their physical and mental wellbeing;
- understand the risks of drugs and alcohol and how to stay safe online;
- develop resilience, independence and responsibility;
- develop the personal and social skills required to succeed in commerce and industry;
- identify misleading information and be critical of misleading news or views they might encounter.

PSHE at Ladbrooke

From KS1 to KS2, our curriculum is based on the PSE Association guidelines. Our curriculum is divided into 6 half termly units and the work in each unit is carefully planned to build on previous learning. Teaching in the PSHE curriculum will include a range of activities from role-play, debates and discussions to quizzes, labelling diagrams and designing posters.


The PSHE school curriculum covers sensitive subjects. These are taught using distancing techniques to allow children to safely explore topics and ask questions, without needing to discuss personal experiences or provide personal responses. Children might talk about fictional characters in certain scenarios and think about what these characters could do. We also use question boxes for children to anonymously or confidentially ask questions about topics they have covered in their PSHE lessons.

Ground rules are established for lessons on PSHE to ensure children are respectful of one another's views and ideas. All contributions should be valued and welcomed.


Some aspects of the PSHE curriculum are taught throughout the curriculum, including science, geography, computing and PE. However, the PSHE school curriculum compliments these subjects rather than duplicates content covered in them.



Y1 PSHE CURRICULUM

1	Autumn		Spring		Summer	
	Families and people who care for me	Caring Friendships	Online Relationships	Respectful Relationships	Being Safe	Mental Wellbeing
Key Questions	To understand what is meant by 'family' and identify who is in their family To explore different types of families	Begin to understand what makes a good friend Consider how unkind behaviour can affect others	Understand how technology can be used to communicate with family and friends i.e. messaging, zoom and facetime	Understand how to treat themselves and others with respect: how to be polite and courteous To recognise the ways in which they are the same and different to others and the importance of showing respect to everyone	Know how to respond safely to adults they don't know To recognise that some things are private and the importance of respecting privacy	Articulate a range of feelings, understand that all feelings are normal and the importance of talking about how you are feeling Continue to learn strategies to calm strong feelings (Zones of Regulations)
Vocabulary	achieve, caring, choices, conflict, consequences, cooperate, cooperation, disagreement,	family, friend, friendship, group, happy, healthy, help, important,	kind, listen, love, making up, need, positive, safe, share, skills, solve, sort, special, support, talk, team, thoughtful, time, trust, trusted adult	active listening, behaviour, bullying, carer, choices, community, compliment, conflict, consequences,	considerate, discussion, fair, family, friends, group, helpful, joking, kind, learner, listening, mindset,	needed, negative, polite, positive, safe, secure, special, support, team, teasing, thoughtful, unkind
Cross Curricular	<p>These objectives are taught through the whole curriculum/assemblies:</p> <p>Physical Health and Wellbeing – Begin to understand the benefits of an active lifestyle. Know that we need exercise for a healthy body.</p> <p>Internet Safety – Begin to understand that too much time spent on electronic devices can have a negative impact on their wellbeing. Understand what to do and who to talk to if they experience something that worries them online</p> <p>Healthy Eating – To make a healthy snack</p> <p>Basic first Aid - Understand who helps us when we are not feeling well or involved in an accident</p> <p>Health and Prevention - To understand that sleep is essential for good health. To begin to understand how germs spread and the importance of handwashing</p>			<p>Sex and Relationship Education</p> <p>Introduce the concept of growing and changing.</p>		
						


Y2 PSHE CURRICULUM

2	Autumn		Spring		Summer	
	Families and people who care for me	Caring Friendships	Online Relationships	Respectful Relationships	Being Safe	Mental Wellbeing
Key Questions	<p>To understand the importance of family, especially for children as they grow up</p> <p>To begin to understand what is meant by 'belonging' and how quality time with our family can strengthen relationships</p>	<p>Learn simple strategies to resolve arguments between friends</p> <p>To recognise when they or someone else is feeling lonely and what to do</p>	<p>To understand that some people may behave differently online, including pretending to be someone they are not</p> <p>Understand what to do if they are worried about something they have seen or something that someone has done online</p>	<p>To understand how their behaviour can affect others</p> <p>To understand the concept of male and female and gender stereotypes</p>	<p>Know how to respond if physical contact makes them feel uncomfortable or unsafe.</p> <p>Understand what to do if they are worried for themselves or others, who to ask for help and the vocabulary to use when asking for help</p>	<p>How to talk about their emotions and build a varied vocabulary to use when talking about feelings and who you could talk to should you need to.</p> <p>Begin to learn about the importance of self-care and some simple techniques to achieve this i.e. spending time with family and friends, hobbies etc.</p>
Vocabulary	<p>achieve, caring, choices, conflict, consequences, cooperate, cooperation, disagreement,</p>	<p>family, friend, friendship, group, happy, healthy, help, important,</p>	<p>kind, listen, love, making up, need, positive, safe, share, skills, solve, sort, special, support, talk, team, thoughtful, time, trust, trusted adult</p>	<p>active listening, behaviour, bullying, carer, choices, community, compliment, conflict, consequences,</p>	<p>considerate, discussion, fair, family, friends, group, helpful, joking, kind, learner, listening, mindset,</p>	<p>needed, negative, polite, positive, safe, secure, special, support, team, teasing, thoughtful, unkind</p>
Cross Curricular	<p>These objectives are taught through the whole curriculum/assemblies:</p> <p>Physical Health and Wellbeing – Begin to understand the importance of building regular exercise into the day/week. Begin to understand how an inactive lifestyle can affect humans. Understand who to go to if they feel worried about their health</p> <p>Internet Safety – Begin to understand that the internet can be a negative place which may affect your wellbeing. To know that some online games / content has an age limit and understand how to make safe viewing choices.</p> <p>Healthy Eating – To be able to describe why a balanced diet is important for humans. Begin to understand what will happen if you do not eat a balanced diet.</p> <p>Basic first Aid - Begin to understand some simple ways that you could care for someone who is hurt.</p> <p>Health and Prevention - Describe why personal hygiene is important. To learn the importance of vaccinations. To know that the sun can burn skin and cause harm.</p>			<p>Sex and Relationship Education</p> <p>Identify the differences between male and female.</p> <p>Introduce the concept of male and female and gender stereotypes.</p> <p>Explore some of the differences between males and females and to understand how this is part of the life cycle.</p>		
						


Y3 PSHE CURRICULUM

3	Autumn		Spring		Summer	
	Families and people who care for me	Caring Friendships	Online Relationships	Respectful Relationships	Being Safe	Mental Wellbeing
Key Questions	To understand how families can look different, but they all offer love, security and stability To explore ways to strengthen bonds within families and the importance of sharing each other's loves	Understand the importance of friendships; strategies to build positive friendships and how these friendships can support wellbeing Understand how people choose and make friends and the benefits of having different types of friends	Begin to understand the advice for keeping safe online To understand that the same principles apply to online relationships as real life ones	To consider touch and to know that a person has the right to say what they like and dislike (permission giving and seeking) To understand how stereotypes can be unfair, negative or destructive	To understand the importance of not keeping adult's secrets (unless a surprise birthday party or similar) Learn some basic techniques for resisting pressure to do something they do not want to do, and which makes them feel unsafe	Discuss what isolation and loneliness is, how can it effect children and the importance of talking about their feelings Understand the benefits of physical exercise, time outdoors, community participation etc, on well-being and happiness
Vocabulary	acquaintances, actions, alternatives, anonymous, anti-bullying, arguments, behaviour, bully, bullying, care, choices, complimenting, compromise, conflict, consideration, cyber, dares, decisions,	differences, discrimination, disputes, diversity, equality, equity, falling-out, families, family, friends, friendship, healthy, help, hobbies, honest, impact, important, interests, kindness, loyal, negotiation, opinions, physical,	prejudice, prejudiced, reflect, relationship, relatives, resolution, resolving, respect, self-preservation, strategies, support, support, network, teasing, techniques, thought, unhealthy, victim, views, VIPs	achieve, actions, attitude, behaviours, benefit, body language, change, collaboratively, communication, compromise,	conflict, consequences, considerate, dispute, effect, emotion, facial expression, feelings, goals, group, helpful,	impact, individuals, interpret, listening, negotiation, reflect, resolution, resolve, responding, responsibility, ripple, scenarios, team, teammates, teamwork, transition, unhelpful
Skills	These objectives are taught through the whole curriculum/assemblies:			<p>Sex and Relationship Education</p> <p>To explore the differences between males and females and to name the body parts.</p>		
	<p>Physical Health and Wellbeing – To understand the mental and physical benefits of an active lifestyle. To understand the importance of building regular exercise into their routines and some ways to achieve this.</p> <p>Internet Safety – To begin to understand that the internet is an integral part of life and has many benefits. Begin to understand that information found online may not be true</p> <p>Healthy Eating – Begin to understand that different food offers different nutritional content.</p> <p>Basic first Aid - Understand how a bite or sting may present, how to treat the ailment and how to seek further medical support.</p> <p>Health and Prevention - Recognise that light from the sun can be dangerous and ways to protect against it. Understand the importance of good dental hygiene and regular checkups at the dentist. To begin to understand how lack of sleep can have negative effects on your health.</p> <p>Drugs, Alcohol and Tobacco - Why people smoke. Physical effects of smoking Smoking and society.</p>					

Y4 PSHE CURRICULUM

4	Autumn		Spring		Summer	
	Families and people who care for me	Caring Friendships	Online Relationships	Respectful Relationships	Being Safe	Mental Wellbeing
Key Questions	Explore ways in which families can offer protection and care for one another, including extended family Explore how families can support one another in times of difficulty	Understand how to recognise who to trust and who not to trust and how to judge if a friendship is making them feel uncomfortable Understand that healthy friendships make people feel included & learn some strategies for how to include others as well as how to seek help if you're feeling lonely	Consider why someone might behave differently online, including pretending to be someone they are not Learn some strategies for recognising risks, harmful content and contact; how to report concerns	Understand that personal behaviour can affect other people: to recognise and model respectful behaviour online To understand the responsibility of the bystander regarding any type of bullying	Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact Learn about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online)	Continue to develop a plethora of self-care techniques including the importance of seeking help or support from others. Begin to consider how you know when your feelings and/ or actions are appropriate or justified
Vocabulary	acquaintances, actions, alternatives, anonymous, anti-bullying, arguments, behaviour, bully, bullying, care, choices, complimenting, compromise, conflict, consideration, cyber, dares, decisions,	differences, discrimination, disputes, diversity, equality, equity, falling-out, families, family, friends, friendship, healthy, help, hobbies, honest, impact, important, interests, kindness, loyal, negotiation, opinions, physical,	prejudice, prejudiced, reflect, relationship, relatives, resolution, resolving, respect, self-preservation, strategies, support, support, network, teasing, techniques, thought, unhealthy, victim, views, VIPs	achieve, actions, attitude, behaviours, benefit, body language, change, collaboratively, communication, compromise,	conflict, consequences, considerate, dispute, effect, emotion, facial expression, feelings, goals, group, helpful,	impact, individuals, interpret, listening, negotiation, reflect, resolution, resolve, responding, responsibility, ripple, scenarios, team, teammates, teamwork, transition, unhelpful
Skills	<p>These objectives are taught through the whole curriculum/assemblies:</p> <p>Physical Health and Wellbeing – Understand how and when to seek support and who to speak to if they are concerned about their health. To understand the importance of building regular exercise into their routines and how to achieve this</p> <p>Internet Safety – Understand how to use search engines effectively to ensure the most accurate information. Begin to understand how to display respectful behaviour online and what to do if they experience something that worries them.</p> <p>Healthy Eating – Begin to understand what is meant by a poor diet and the potential risks associated with unhealthy eating.</p> <p>Basic first Aid - Understand how to identify someone who is having an asthma attack, how to give first aid. Demonstrate some ways to deal with head injuries and how to access further medical support if necessary.</p> <p>Health and Prevention - Understand some ways to identify physical illness. Begin to understand some common allergies they may encounter.</p> <p>Drugs, Alcohol and Tobacco - Alcohol and risk. Effects of alcohol. Limits to drinking alcohol</p>			<p>Sex and Relationship Education</p> <p>Explore the human lifecycle Explore how puberty is linked to reproduction Identify some basic facts about puberty.</p>		
						

Y5 PSHE CURRICULUM

5	Autumn		Spring		Summer	
	Families and people who care for me	Caring Friendships	Online Relationships	Respectful Relationships	Being Safe	Mental Wellbeing
Key Questions	Explore available services to support families and how to access them Understand what is meant by 'commitment' and what it looks like within a family	To explore positive and negative ways of communicating in a relationship To understand what constitutes a positive, healthy friendship and that this also applies to online friendships	Critically consider their online friendships including the risks of being friends with someone they have never met Understand the importance of being respectful online as you would face to face	Understand that everybody, including them, should be treated with respect by others (including online and/or anonymous) in school and the wider community To recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves	Understand when to keep something confidential or secret, when to break confidence or share a secret To recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this	Consider what impact isolation and loneliness have on people and what you could do or who you could talk to if you needed to Understand how bullying (including cyber bullying) has a negative and lasting impact on wellbeing
Vocabulary	advice, agree, anxious, argue, behaviour, blended families, care, commitment, committed, confidence, confidential, conflict, dangerous, disagree, ending, fall out, family, family life, family structure, friendship, foster parents, help,	honest, influence, kept, living apart, living together, love, negative, peer, polite, positive, pressure, relationship, relationships, relatives, resist, resolution,	achieve, admire, attributes, bullying, care, classroom, collaborate, collaboration, collage, communicate, compromise, consequences, contribute, decisions, disagree, discrimination, ,	effective, emotional, emotions, excluding, feelings, function, goal harassment, health, honesty, hurtful, kind, kindness, listen, looked-after, opinion, outcome, patience, physical, respectful, responsibilities, roles,	respect, risky, same-sex parents, secrets, security, self-love, share, shared, single parents, stability, support, uncomfortable, unhealthy, wrong	scenario, sensitive, skills, social media, success, successful, support, team, teamwork, teasing, thoughts, trolling, uncomfortable, understanding, unkind, upsetting, valued
Skills	<p>These objectives are taught through the whole curriculum/assemblies:</p> <p>Physical Health and Wellbeing – Describe the effects exercise has on the body. Discuss the impact of diet, exercise, drugs and lifestyle on health.</p> <p>Internet Safety – Understand some of the ways that the internet may have a negative impact on mental health. Participate constructively in an online community and consider the effect of their online actions, displaying respectful behaviour</p> <p>Healthy Eating – Plan and prepare a healthy meal.</p> <p>Basic first Aid - Demonstrate ways of helping someone who is bleeding and how to seek further medical support.</p> <p>Health and Prevention - Demonstrate an understanding of good dental hygiene. Consider the importance of immunisations and vaccinations.</p> <p>Drugs, Alcohol and Tobacco - Legal and illegal drugs, attitudes to drugs, peer pressure</p>			<p>Sex and Relationship Education</p> <p>To understand male and female puberty changes in more detail. Explore the impact of puberty on the body and the importance of hygiene. Explore the emotional and physical changes occurring during puberty. Explore ways to get support during puberty.</p>		
						

Y6 PSHE CURRICULUM

6	Autumn		Spring		Summer	
	Families and people who care for me	Caring Friendships	Online Relationships	Respectful Relationships	Being Safe	Mental Wellbeing
Key Questions	<p>Understand the importance of respecting the differences between families</p> <p>Reflect on your role within your family and how you can positively contribute to family life</p>	<p>To develop strategies for managing conflict within friendship groups and when to seek help</p> <p>To recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary</p>	<p>Begin to understand how information and data is shared and used online</p> <p>Understand that the same principles apply when communicating online as in real life (regarding respect and kindness), even when communicating anonymously</p>	<p>Consider physical and emotional behaviour in relationships and the importance of permission seeking and giving</p> <p>Learn strategies to improve or support courteous, respectful relationships</p>	<p>Know where to get advice and report concerns if worried about their own or someone else's personal safety</p>	<p>Understand that many people experience mental ill health at some point in their lives and the importance of seeking support immediately</p> <p>Recognise how to judge whether their feelings or behaviour is appropriate</p>
Vocabulary	<p>advice, agree, anxious, argue, behaviour, blended families, care, commitment, committed, confidence, confidential, conflict, dangerous, disagree, ending, fall out, family, family life, family structure, friendship, foster parents, help,</p>	<p>honest, influence, kept, living apart, living together, love, negative, peer, polite, positive, pressure, relationship, relationships, relatives, resist, resolution,</p>	<p>achieve, admire, attributes, bullying, care, classroom, collaborate, collaboration, collage, communicate, compromise, consequences, contribute, decisions, , disagree, discrimination, ,</p>	<p>effective, emotional, emotions, excluding, feelings, function, goal harassment, health, honesty, hurtful, kind, kindness, listen, looked-after, opinion, outcome, patience, physical, respectful, responsibilities, roles,</p>	<p>respect, risky, same-sex parents, secrets, security, self-love, share, shared, single parents, stability, support, uncomfortable, unhealthy, wrong</p>	<p>scenario, sensitive, skills, social media, success, successful, support, team, teamwork, teasing, thoughts, trolling, uncomfortable, understanding, unkind, upsetting, valued</p>
Skills	<p>These objectives are taught through the whole curriculum/assemblies:</p> <p>Physical Health and Wellbeing – Demonstrate an understanding of the principles of being healthy. To understand which adults to speak to if they are worried about their health and safe ways of seeking help online.</p> <p>Internet Safety – To understand how the internet can be used in everyday life. Consider its benefits and why some aspects are age restricted. To understand that online content can have positive and negative impacts on well-being and to post sensitively, with an awareness of others.</p> <p>Healthy Eating – Demonstrate an understanding of the principles of being healthy and the risks associated with poor diet.</p> <p>Basic first Aid - Understand how to contact the emergency services and give them the correct information. Recognise signs of choking, how to give first aid and how to seek further medical support.</p> <p>Health and Prevention - Understand that some microorganisms can be harmful and how to reduce risk. Demonstrate understanding of how to reduce the risk of sun damage, including skin cancer. Name some of the early signs of physical illness</p> <p>Drugs, Alcohol and Tobacco – Cannabis. Volatile substance abuse VSA and getting help. Help, advice and support</p>			<p>Sex and Relationship Education</p> <p>To consider puberty and reproduction.</p> <p>Explore the process of conception and pregnancy.</p>		
