



# Wessex Gardens Primary School – PSHE Curriculum Map 2024– 2025



	Autumn Term		Spring Term		Summer Term	
<b>Nursery</b> Managing Self-regulation Making relationships	Show more confidence in new social situations. Develop independence by selecting and putting back own belongings and begin to wash hands. Separate from main carer, with support. Increasingly follow rules, understanding why rules are important. Become more outgoing with unfamiliar people in their setting.	Express own feelings and begin understand that some actions and words can hurt other’s feelings. Demonstrate friendly behaviour and form good relationships with adults and peers. Play with one or more other children. Remember rules without needing an adult to remind them.	Begin to accept the needs of others and can take turns and share resources. Show confidence in asking adults for help. Develop an understanding of the Online Safety: SMART rules. Extend the play ideas of others.	Begin to understand about foods that are healthy and unhealthy. Express own preferences and interests. Respond to a few appropriate boundaries and find solutions to conflicts that arise in their play.	Begin to understand about the importance of exercise. Begin to understand about being kind to living creatures: recycling, looking after the world. Be confident to talk to other children when playing. Seek out others to share experiences. Welcome value and praise for what they have done	Enjoy the responsibility of carrying out small tasks. Select and use activities and resources independently. Understand that their wishes may not always be met. Be confident and outgoing with familiar people in the safe context of their setting
<b>Reception</b> Managing Self-regulation Making relationships	Be able to identify people who can help them. Identify good and bad feelings. know that some actions and words can hurt others feelings. know how to wash hands independently. Be able to explain the class rules.	Express their feelings and consider the feelings of others. know why it is important to brush teeth. Begin to identify and moderate their feelings socially and emotionally.	Know how to be safe Online and what makes a good friend. Identify ways that they can be helpful at home and care for their classroom. Know what it means to be respectful and to be treated with respect.	Know why it is important to care for our world. Think about the perspectives of others. Know how to keeping themself safe. Regulate their behaviour depending on the situation.	Manage their own basic hygiene and personal needs, including dressing, going to the toilet. Know the importance of healthy food choices and regular physical activity. Show sensitivity to their own and other’s needs.	Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Set and work towards simple goals. Wait for what they want and control their immediate impulses when appropriate.
<b>Year 1</b>	Awareness of feelings All about me Being different Money		Keeping well and clean My friendships The Environment		Keeping Safe My family Losing and finding Looking after myself	
<b>Year 2</b>	Healthy people All about my feelings Money, shopping and saving		Keeping safe Making and breaking friendships Coping with conflict Special days		About my body Exploring our families Global food	
<b>Year 3</b>	Emotions and feelings Peer influence/pressure Me and my community		Healthy Lifestyles Safe Relationships Where do things come from?		Drug Education - Smoking & Basic First Aid Keeping safe Different Families Aspirations Managing money	
<b>Year 4</b>	Mental Health and Wellbeing Rights and Responsibilities Persuasion and pressure Media and Me		Healthy Lifestyles Friendships / Inclusion Local Community – shared responsibilities		Growing and Changing Drug Education - Alcohol and Decision making Types of relationships Aspirations Managing Money	
<b>Year 5</b>	Mental Health and Wellbeing Personal Safety Self-Respect and Personal Goals Being Left Out Stereotypes and Diversity		Healthy lifestyles Friendships and Coping with Bullying Working together and aspirations Media literacy and digital resilience		Puberty Drug Education – Legal and Illegal Drugs Relationships What makes a Democracy? Money	
<b>Year 6</b>	Healthy Lifestyles Drug Education – Drugs, risks and the Media Conflict resolution Celebration – supporting each other Protected Characteristics and Bullying		Moving on Mental Health and Online Safety Family Dynamics Democracy and decisions Media literacy and digital resilience		Puberty and Relationships Sex Education Relationships Money and Me Aspirations, work and career	