



Wessex Gardens Primary School – PSHE Curriculum Map 2024– 2025



	Autumn Term	Spring Term	Summer Term
Nursery	Pupils develop self-regulation by gaining confidence in new social situations, beginning to manage independence like washing hands and putting away belongings, and learning the importance of rules and separation from carers.	Pupils express their feelings, start to understand how words and actions affect others, form friendships, play cooperatively, remember rules independently, and build early understanding of online safety.	Pupils learn about healthy and unhealthy foods, managing boundaries and conflicts during play, the importance of exercise, caring for living creatures and the environment, sharing experiences with others, and taking responsibility for small tasks while showing confidence with familiar adults and peers.
Reception	Pupils will identify people who can help them, recognise good and bad feelings, understand how words and actions affect others, practise handwashing independently, and explain class rules.	Pupils will express their feelings and consider others' feelings, understand the importance of brushing teeth, begin to manage their emotions socially and emotionally, and learn about online safety and friendship.	Pupils will learn to care for the world, show empathy, stay safe, manage behaviour, maintain hygiene, make healthy choices, be active, and develop independence, resilience, and a sense of right and wrong.
Year 1	Awareness of Feelings: All About Me: Being Different: Money: Pupils will recognise and name different emotions, explore their own likes and strengths to build confidence, understand and celebrate differences, and be introduced to money concepts like saving and spending.	Keeping Well and Clean: My Friendships: The Environment: Pupils will learn about personal hygiene, healthy habits, and exercise, understand friendship qualities and how to solve small problems, and explore caring for the environment through recycling and energy saving.	Keeping Safe: My Family: Losing and Finding: Looking After Myself: Pupils will learn how to stay safe at home, school, and outdoors, understand different family structures and their importance, manage feelings around losing and finding, and develop independence with daily self-care routines.
Year 2	Healthy People: All About My Feelings: Money, Shopping and Saving: Pupils learn how to keep their bodies healthy through hygiene, nutrition, exercise, and rest. They explore emotions in themselves and others and understand money's role, saving, and spending wisely.	Keeping Safe: Making and breaking Friendships: Coping with Conflict: Special Days: Pupils focus on safety at home, school, and community; making and maintaining friendships; and strategies for resolving conflicts calmly and kindly. They also learn to appreciate different cultural celebrations.	About My Body: Exploring Our Families: Global Food: Pupils learn about their bodies and how to care for them, explore diverse family types, and discover global food origins, cultures, and the importance of healthy eating.
Year 3	Emotions and Feelings: Peer Influence / Pressure: Me and My Community: Pupils will explore mental health and wellbeing, recognising and expressing feelings and coping positively. They will learn about their rights and responsibilities, peer pressure, and how media influences decisions.	Healthy Lifestyles: Safe Relationships: Where Do Things Come From: Pupils focus on healthy lifestyles, building inclusive friendships, and understanding shared responsibilities within their local community.	Drug Education – Smoking & Basic First Aid: Keeping Safe: Different Families: Aspirations: Managing Money: Pupils learn about physical and emotional changes as they grow, risks of alcohol and decision-making, different types of relationships, developing future aspirations, and basic money management skills.
Year 4	Mental Health and Wellbeing: Rights and Responsibilities: Persuasion and Pressure: Media and Me: Pupils will explore mental health and wellbeing, recognising and expressing feelings and coping positively. They will learn about their rights and responsibilities, peer pressure, and how media influences decisions.	Healthy Lifestyles: Friendships / Inclusion: Local Community – Shared Responsibilities: Pupils focus on healthy lifestyles, building inclusive friendships, and understanding shared responsibilities within their local community.	Growing and Changing: Drug Education – Alcohol and Decision Making: Types of Relationships: Aspirations: Managing Money: Pupils learn about physical and emotional changes as they grow, risks of alcohol and decision-making, different types of relationships, developing future aspirations, and basic money management skills.
Year 5	Mental Health and Wellbeing: Personal Safety: Self-Respect and Personal Goals: Being Left Out: Stereotypes and Diversity: Pupils learn how to care for their mental health, stay safe online and offline, set personal goals with self-belief, and understand exclusion and empathy. They explore stereotypes and celebrate diversity.	Healthy Lifestyles: Friendships and Coping with Bullying: Working Together and Aspirations: Media Literacy and Digital Resilience: Pupils focus on healthy lifestyles, building friendships, coping with bullying, teamwork, and developing media literacy and digital resilience.	Puberty: Drug Education – Legal and Illegal Drugs: Relationships: What Makes a Democracy: Money: Pupils learn about puberty and managing changes, the risks of legal and illegal drugs, respectful relationships, the basics of democracy, and money management including budgeting and financial responsibility.
Year 6	Healthy Lifestyles: Drug Education – Drugs, Risks and the Media: Conflict Resolution: Celebration – Supporting Each Other: Protected Characteristics and Bullying: Pupils focus on healthy lifestyles including sun safety and first aid, understanding drug risks and media influence, managing conflict and peer pressure, showing kindness and shared responsibility, and learning about protected characteristics and bullying.	Moving On: Mental Health and Online Safety: Family Dynamics: Democracy and Decisions: Media Literacy and Digital Resilience: Pupils prepare for transition by recognising strengths, managing change, and building resilience. They learn about mental health in relation to online safety, family dynamics, democracy and decision-making, and developing media literacy and digital resilience.	Puberty and Relationships: Sex Education: Relationships: Money and Me: Aspirations, Work and Career: Pupils learn about puberty and relationships, basic sex education focusing on reproduction, consent and boundaries, communication in various relationships, money management, and exploring career aspirations linked to their skills and interests.