



PSHE Curriculum Map

For PSHE we follow the CIOS PSHE Curriculum.

Relationships

Health

Living in the Wider World

RSE (Christopher Winter)

Drugs and Alcohol (Christopher Winter)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS						
Year 1	Welcome to school	People who care for us	Healthy friendships	Our health	We all have feelings	Managing our time safely online: Jessie and friends 1 Watching videos
	Emergencies and getting help	Rights, responsibilities and respect	Our bodies and boundaries - NSPCC PANTS	Healthy food choices	Good and not so good feelings	
	Staying healthy	Medicines	Different friends	Who gives us medicines?	Growing and changing	Families and care
Year 2	Respecting Uniqueness	Everyday safety	Learning about work	Sharing photos online: Jessie & friends Sharing pictures 2	Jessie and friends Playing games 2	Keeping our teeth clean
	Our Communities	Basic first aid	Horrible hands	Online interactions and information sharing: Jessie and friends Playing games 1	Big feelings	
	Differences	Risk	Male and female animals	Naming body parts	Hazardous substances	Safety rules

Year 3	World of work	Road safety	Physical activity	The internet and everyday life. Turn off Let's play	Expressing feelings	Sun safety
	Spending and saving money	Teamwork skills	Everyday drugs	Everyday feelings	Strategies to support wellbeing	
	Body differences	Why people smoke	Physical effects of smoking	Personal space	Help and support	No smoking
Year 4	What makes a good friend	Resolving conflict and managing pressure	Money choices	Safely enjoying the online world. Play, like, share 1 - Alfie	Play, like, share 3 - Fans	The environment
	Respecting others	Everyday safety and basic first aid	Volunteering and citizenship	Keeping personal information private. Play, like, share 2 - Magnus	Managing feelings	
	Changes	Effects of alcohol	Alcohol and risk	Limits to drinking alcohol	What is puberty?	Healthy relationships



Year 5	A diverse community	Puberty 1 - bodies and reproduction	Online contact	Risk and peer pressure	Illness	Mental health and keeping well
	Respectful relationships	Puberty 2 - changes	Online contact		Nutrition and healthy eating	Managing challenge and change
	Talking about puberty	The reproductive system	Help and support	Legal and illegal drugs	Attitudes to drugs	Peer pressure
Year 6	Different types of families	Keeping your body safe 1	Spending decisions	Online friendships and keeping safe. Share aware 1 - Alex	Social media	Changing schools
	Healthy / harmful relationships	Consent - Keeping your body safe 2	Exploring risk in relation to gambling	Skills for using the internet safely. Share aware 2 - Lucy	Feelings and common anxieties when changing schools	VSA (Volatile Substance Abuse) and getting help
	Puberty and reproduction	Communication in relationships	Families, conception and pregnancy	Cannabis	Online relationships	Help, advice and support

Year 5/6 Additional Units	FGM (Female Genital Mutilation)	Respect and Equality
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N.B. The order in which units are taught within a year group may vary from that shown above in order to accommodate particular topics, themed weeks etc. Please see year group termly maps for the most up to date information about current topics.

The order of the RSE and D&A lessons should not change as each lessons builds upon information from the previous lesson/s.