

## PSHE Overview & Curriculum Coverage Map

Cycle A (2021-22)			
<b>EYFS</b>	<p><b>Me and My Relationships</b></p> <ul style="list-style-type: none"> <li>• <i>What makes me special</i></li> <li>• <i>People close to me</i></li> <li>• <i>Getting help</i></li> </ul> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>• <i>Similarities and difference</i></li> <li>• <i>Celebrating difference</i></li> <li>• <i>Showing kindness</i></li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>• <i>Keeping my body safe</i></li> <li>• <i>Safe secrets and touches</i></li> <li>• <i>People who help to keep us safe</i></li> </ul> <p><b>Rights and Respect</b></p> <ul style="list-style-type: none"> <li>• <i>Looking after things: friends, environment, money</i></li> </ul>	<p><b>Being my Best</b></p> <ul style="list-style-type: none"> <li>• <i>Keeping my body healthy – food, exercise, sleep</i></li> <li>• <i>Growth Mindset</i></li> </ul> <p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>• <i>Cycles</i></li> <li>• <i>Life stages</i></li> <li>• <i>Girls and boys – similarities and difference</i></li> </ul>
<b>KS1</b>	<p><b>Me and My Relationships</b></p> <ul style="list-style-type: none"> <li>• <i>Feelings</i></li> <li>• <i>Getting help</i></li> <li>• <i>Classroom rules</i></li> <li>• <i>Special people</i></li> <li>• <i>Being a good friend</i></li> </ul> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>• <i>Recognising, valuing and celebrating difference</i></li> <li>• <i>Developing respect and accepting others</i></li> <li>• <i>Bullying and getting help</i></li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>• <i>How our feelings can keep us safe – including online safety</i></li> <li>• <i>Safe and unsafe touches</i></li> <li>• <i>Medicine Safety</i></li> <li>• <i>Sleep</i></li> </ul> <p><b>Rights and Respect</b></p> <ul style="list-style-type: none"> <li>• <i>Taking care of things:</i></li> <li>• <i>Myself</i></li> <li>• <i>My money</i></li> <li>• <i>My environment</i></li> </ul>	<p><b>Being my Best</b></p> <ul style="list-style-type: none"> <li>• <i>Growth Mindset</i></li> <li>• <i>Healthy eating</i></li> <li>• <i>Hygiene and health</i></li> <li>• <i>Cooperation</i></li> </ul> <p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>• <i>Getting help</i></li> <li>• <i>Becoming independent</i></li> <li>• <i>My body parts</i></li> <li>• <i>Taking care of self and others</i></li> </ul>
<b>LKS2</b>	<p><b>Me and My Relationships</b></p> <ul style="list-style-type: none"> <li>• <i>Rules and their purpose</i></li> <li>• <i>Cooperation</i></li> <li>• <i>Friendship (including respectful relationships)</i></li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>• <i>Managing risk</i></li> <li>• <i>Decision-making skills</i></li> <li>• <i>Drugs and their risks</i></li> <li>• <i>Staying safe online</i></li> </ul> <p><b>Rights and Respect</b></p>	<p><b>Being my Best</b></p> <ul style="list-style-type: none"> <li>• <i>Keeping myself healthy and well</i></li> <li>• <i>Celebrating and developing my skills</i></li> <li>• <i>Developing empathy</i></li> </ul> <p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>• <i>Relationships</i></li> </ul>

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	<ul style="list-style-type: none"> <li><i>Coping with loss</i></li> </ul> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li><i>Recognising and respecting diversity</i></li> <li><i>Being respectful and tolerant</i></li> <li><i>My community</i></li> </ul>	<ul style="list-style-type: none"> <li><i>Skills we need to develop as we grow up</i></li> <li><i>Helping and being helped</i></li> <li><i>Looking after the environment</i></li> <li><i>Managing money</i></li> </ul>	<ul style="list-style-type: none"> <li><i>Changing bodies</i></li> <li><i>Keeping safe</i></li> <li><i>Safe and unsafe secrets</i></li> </ul>
<b>UKS2</b>	<p><b>Me and My Relationships</b></p> <ul style="list-style-type: none"> <li><i>Feelings</i></li> <li><i>Friendship skills, including compromise</i></li> <li><i>Assertive skills</i></li> <li><i>Cooperation</i></li> <li><i>Recognising emotional needs</i></li> </ul> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li><i>Recognising and celebrating difference, including religions and cultural</i></li> <li><i>Influence and pressure of social media</i></li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li><i>Managing risk, including online safety</i></li> <li><i>Norms around use of legal drugs (tobacco, alcohol)</i></li> <li><i>Decision-making skills</i></li> </ul> <p><b>Rights and Respect</b></p> <ul style="list-style-type: none"> <li><i>Rights, respect and duties relating to my health</i></li> <li><i>Making a difference</i></li> <li><i>Decisions about lending, borrowing and spending</i></li> </ul>	<p><b>Being my Best</b></p> <ul style="list-style-type: none"> <li><i>Growing independence and taking ownership</i></li> <li><i>Keeping myself healthy</i></li> <li><i>Media awareness and safety</i></li> <li><i>My community</i></li> </ul> <p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li><i>Managing difficult feelings</i></li> <li><i>Managing change</i></li> <li><i>How my feelings help keeping safe</i></li> <li><i>Getting help</i></li> <li><i>Puberty and the changing adolescent body.</i></li> <li><i>Menstrual well-being including the key facts about the menstrual cycle.</i></li> </ul>

### Cycle B (2022-23)

<b>EYFS</b>	<p><b>Me and My Relationships</b></p> <ul style="list-style-type: none"> <li><i>What makes me special</i></li> <li><i>People close to me</i></li> <li><i>Getting help</i></li> </ul> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li><i>Similarities and difference</i></li> <li><i>Celebrating difference</i></li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li><i>Keeping my body safe</i></li> <li><i>Safe secrets and touches</i></li> <li><i>People who help to keep us safe</i></li> </ul> <p><b>Rights and Respect</b></p> <ul style="list-style-type: none"> <li><i>Looking after things: friends, environment, money</i></li> </ul>	<p><b>Being my Best</b></p> <ul style="list-style-type: none"> <li><i>Keeping my body healthy – food, exercise, sleep</i></li> <li><i>Growth Mindset</i></li> </ul> <p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li><i>Cycles</i></li> <li><i>Life stages</i></li> </ul> <p><i>Girls and boys – similarities and difference</i></p>
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	<ul style="list-style-type: none"> <li>Showing kindness</li> </ul>		
<b>KS1</b>	<p><b>Me and My Relationships</b></p> <ul style="list-style-type: none"> <li>Bullying and teasing</li> <li>Our school rules about bullying</li> <li>Being a good friend</li> <li>Feelings/self-regulation</li> </ul> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>Being kind and helping others</li> <li>Celebrating difference</li> <li>People who help us</li> <li>Listening skills</li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>Safe and unsafe secrets</li> <li>Appropriate touch</li> <li>Medicine safety</li> </ul> <p><b>Rights and Respect</b></p> <ul style="list-style-type: none"> <li>Cooperation</li> <li>Self-regulation</li> <li>Online safety</li> <li>Looking after money – saving and spending</li> </ul>	<p><b>Being my Best</b></p> <ul style="list-style-type: none"> <li>Growth Mindset</li> <li>Looking after my body</li> <li>Hygiene and health</li> <li>Exercise and sleep</li> </ul> <p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>Life cycles</li> <li>Dealing with loss</li> <li>Being supportive</li> <li>Growing and changing</li> <li>Privacy</li> </ul>
<b>LKS2</b>	<p><b>Me and My Relationships</b></p> <ul style="list-style-type: none"> <li>Healthy relationships</li> <li>Listening to feelings</li> <li>Bullying</li> <li>Assertive skills</li> </ul> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>Recognising and celebrating difference (including religions and cultural difference)</li> <li>Understanding and challenging stereotypes</li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>Managing risk</li> <li>Understanding the norms of drug use (cigarette and alcohol use)</li> <li>Influences</li> <li>Online safety</li> </ul> <p><b>Rights and Respect</b></p> <ul style="list-style-type: none"> <li>Making a difference (different ways of helping others or the environment)</li> <li>Media influence</li> <li>Decisions about spending money</li> </ul>	<p><b>Being my Best</b></p> <ul style="list-style-type: none"> <li>Having choices and making decisions about my health</li> <li>Taking care of my environment</li> <li>My skills and interests</li> </ul> <p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>Body changes during puberty</li> <li>Managing difficult feelings</li> <li>Relationships including marriage</li> </ul>
<b>UKS2</b>	<p><b>Me and My Relationships</b></p> <ul style="list-style-type: none"> <li>Assertiveness</li> <li>Cooperation</li> <li>Safe/unsafe touches</li> <li>Positive relationships</li> </ul> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>Recognising and celebrating difference</li> </ul>	<p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>Understanding emotional needs</li> <li>Staying safe online</li> <li>Drugs: norms and risks (including the law)</li> </ul> <p><b>Rights and Respect</b></p> <ul style="list-style-type: none"> <li>Understanding media bias, including social media</li> </ul>	<p><b>Being my Best</b></p> <ul style="list-style-type: none"> <li>Aspirations and goal setting</li> <li>Managing risk</li> <li>Looking after my mental health</li> </ul> <p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>Coping with changes</li> <li>Keeping safe</li> </ul>



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	<ul style="list-style-type: none"><li>• <i>Recognising and reflecting on prejudice-based bullying</i></li><li>• <i>Understanding Bystander behaviour</i></li><li>• <i>Gender stereotyping</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Caring: communities and the environment</i></li><li>• <i>Earning and saving money</i></li><li>• <i>Understanding democracy</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Body Image</i></li><li>• <i>Self-esteem</i></li><li>• <i>Puberty and the changing adolescent body.</i></li><li>• <i>Menstrual well-being including the key facts about the menstrual cycle.</i></li></ul>
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