

East Tilbury Primary School's PSHE (including RSE) Curriculum Map

Year 1	HT1	HT2	HT3	HT4	HT5	HT6
	<p><u>Families and friendships</u></p> <ul style="list-style-type: none"> • roles of different people • families • feeling cared for <p><u>Safe relationships</u></p> <ul style="list-style-type: none"> • recognising privacy • staying safe • seeking permission <p><u>Respecting ourselves and others</u></p> <ul style="list-style-type: none"> • how behaviour affects others • being polite and respectful 		<p><u>Belonging to a community</u></p> <ul style="list-style-type: none"> • what rules are • caring for others' needs • looking after the environment <p><u>Media literacy and digital resilience</u></p> <ul style="list-style-type: none"> • using the internet and digital devices • communicating online <p><u>Money and work</u></p> <ul style="list-style-type: none"> • strengths and interests • jobs in the community 		<p><u>Physical health and Mental wellbeing</u></p> <ul style="list-style-type: none"> • keeping healthy • food and exercise • hygiene routines • sun safety <p><u>Growing and changing</u></p> <ul style="list-style-type: none"> • recognising what makes them unique and special feelings • managing when things go wrong <p><u>Keeping safe</u></p> <ul style="list-style-type: none"> • how rules and age restrictions help us • keeping safe online 	
<p>Year 2</p> 	<p><u>Families and friendships</u></p> <ul style="list-style-type: none"> • making friends • feeling lonely and getting help <p><u>Safe relationships</u></p> <ul style="list-style-type: none"> • managing secrets • resisting pressure and getting help • recognising hurtful behaviour 		<p><u>Belonging to a community</u></p> <ul style="list-style-type: none"> • belonging to a group • roles and responsibilities • being the same and different in the community <p><u>Media literacy and digital resilience</u></p> <ul style="list-style-type: none"> • the internet in everyday life • online content and information <p><u>Money and work</u></p>		<p><u>Physical health and Mental wellbeing</u></p> <ul style="list-style-type: none"> • why sleep is important • medicines and keeping healthy • keeping teeth healthy • managing feelings and asking for help <p><u>Growing and changing</u></p> <ul style="list-style-type: none"> • growing older • naming body parts 	

	<p><u>Respecting ourselves and others</u></p> <ul style="list-style-type: none"> • recognising things in common and differences • playing and working cooperatively • sharing opinions 	<ul style="list-style-type: none"> • what money is • needs and wants • looking after money 	<ul style="list-style-type: none"> • moving class or year <p><u>Keeping safe</u></p> <ul style="list-style-type: none"> • safety in different environment • risk and safety at home • emergencies
<p>Year 3</p>			
	<p><u>Families and friendships</u></p> <ul style="list-style-type: none"> • what makes a family • features of family life <p><u>Safe relationships</u></p> <ul style="list-style-type: none"> • personal boundaries • safely responding to others • the impact of hurtful behaviour <p><u>Respecting ourselves and others</u></p> <ul style="list-style-type: none"> • recognising respectful behaviour • the importance of self-respect • courtesy and being polite 	<p><u>Belonging to a community</u></p> <ul style="list-style-type: none"> • the value of rules and laws • rights, freedoms and responsibilities <p><u>Media literacy and digital resilience</u></p> <ul style="list-style-type: none"> • how the internet is used • assessing information online <p><u>Money and work</u></p> <ul style="list-style-type: none"> • different jobs and skills • job stereotypes • setting personal goals 	<p><u>Physical health and Mental wellbeing</u></p> <ul style="list-style-type: none"> • health choices and habits • what affects feelings • expressing feelings <p><u>Growing and changing</u></p> <ul style="list-style-type: none"> • personal strengths and achievements • managing and reframing setbacks <p><u>Keeping safe</u></p> <ul style="list-style-type: none"> • risks and hazards • safety in the local environment and unfamiliar places

<p>Year 4</p> 	<p><u>Families and friendships</u></p> <ul style="list-style-type: none"> • positive friendships, including online <p><u>Safe relationships</u></p> <ul style="list-style-type: none"> • responding to hurtful behaviour • managing confidentiality • recognising risks online <p><u>Respecting ourselves and others</u></p> <ul style="list-style-type: none"> • respecting differences and similarities • discussing difference sensitively 	<p><u>Belonging to a community</u></p> <ul style="list-style-type: none"> • what makes a community • shared responsibilities <p><u>Media literacy and digital resilience</u></p> <ul style="list-style-type: none"> • how data is shared and used <p><u>Money and work</u></p> <ul style="list-style-type: none"> • making decisions about money • using and keeping money safe 	<p><u>Physical health and Mental wellbeing</u></p> <ul style="list-style-type: none"> • maintaining a balanced lifestyle • oral hygiene and dental care <p><u>Growing and changing</u></p> <ul style="list-style-type: none"> • physical and emotional changes in puberty • external genitalia • personal hygiene routines • support with puberty <p><u>Keeping safe</u></p> <ul style="list-style-type: none"> • medicines and household products • drugs common to everyday life
<p>Year 5</p> 	<p><u>Families and friendships</u></p> <ul style="list-style-type: none"> • managing friendships and peer influence <p><u>Safe relationships</u></p> <ul style="list-style-type: none"> • physical contact and feeling safe <p><u>Respecting ourselves and others</u></p> <ul style="list-style-type: none"> • responding respectfully to a wide range of people • recognising prejudice and discrimination 	<p><u>Belonging to a community</u></p> <ul style="list-style-type: none"> • protecting the environment • compassion towards others <p><u>Media literacy and digital resilience</u></p> <ul style="list-style-type: none"> • how information online is targeted • different media types, their role and impact <p><u>Money and work</u></p> <ul style="list-style-type: none"> • identifying job interests and aspirations • what influences career choices • workplace stereotypes 	<p><u>Physical health and Mental wellbeing</u></p> <ul style="list-style-type: none"> • healthy sleep habits • sun safety • medicines, vaccinations, immunisations and allergies <p><u>Growing and changing</u></p> <ul style="list-style-type: none"> • personal identity • recognising individuality and different qualities • mental wellbeing <p><u>Keeping safe</u></p>

