

St. Oswald's Church of England Primary School
Curriculum Map for PSHE



Health and wellbeing

RSE

Living in the wider world

	Autumn		Spring		Summer	
Y1	Introducing Yasmin and Tom – ground rules setting lesson. Mental wellbeing: We all have feelings 2 lessons Naming body parts (Y and T) My brilliant body (Y & T) (Science) 2 lessons Health Education Keeping clean (Y and T) 1 lesson	People who help us/ gender stereotypes (Expect, respect, healthy relationships lesson) 1 lesson Challenging gender expectations (toys) (Expect, respect, healthy relationships lesson) We're all different Anti bullying week 1 lesson	Internet safety and harm Keeping safe online 1 lesson Internet safety day Sleeping Well (Y and T) 1 lesson	Economic Education: Where can I keep my money safe? Where does money come from? 2 lessons. Friendships and Feelings (Y & T) 1 lesson Friends, secrets and who can help us (Expect, respect, healthy relationships lesson) 1 lesson.	Healthy eating: Healthy eating workshops Active Sefton. 1 lesson Why are families important? 1 lesson Water safety: RNLI water safety passport. 1 lesson	Health and prevention: Sun, sea and beach safety. (Twinkl) 1 lesson Road safety training- sensible road use. 2 lessons
Physical health and fitness: Daily mile, WoW walk to school program, 2 hours of PE per week. The conventions of manners and courtesy. TREE, UNICEF rights of the child, School council, groundrules, environmental education, worship themes Water safety: https://canalrivertrust.org.uk/explorers/water-safety/water-safety-for-little-explorers						
Y2	Introducing Yasmin and Tom – ground rules setting lesson. Mental wellbeing: Health education Feeling Angry (Y and T) Healthy eating: To understand a balanced diet. (Science and Y and T) Physical health and fitness: The importance of exercise for humans How our bodies change during exercise. (Science) Keeping Fit (Y and T) 1 lesson Keeping clean and taking care of myself (recap body part names) (Y & T) 1 lesson	Drugs, alcohol and tobacco: How humans can look after themselves and keep themselves well. Keeping safe with medicines (Science) Health and prevention: Health and hygiene (Science) We are who we are Anti bullying week 1 lesson Fire safety –GFOL (History)	Internet safety and harms: Keeping safe (Y and T) 1 lesson Internet safety day Economic education: Why is it important to save money? What are needs and wants? 2 lessons	Basic first aid: What to do in an emergency 1 lesson What makes a good friend? 1 lesson	Healthy eating: Healthy eating workshops Active Sefton. 1 lesson Different families (Y & T) 1 lesson	Health and prevention: Sun safety. 1 lesson Water safety: Twinkl lesson. PANTS Keeping myself safe 1 lesson

	Physical health and fitness: Daily mile, WoW walk to school program, 2 hours of PE per week. The conventions of manners and courtesy. TREE, UNICEF rights of the child, School council, groundrules, environmental education, worship themes					
Y3	Introducing Yasmin and Tom – ground rules setting lesson. Mental wellbeing: Expressing feelings 1 lesson Physical health and fitness: How exercise strengthens bones and muscles. (Science) How exercise improves our wellbeing. (PE) Getting physical (Y and T) 1 lesson Hidden sugar (Y and T) 1 lesson What makes a good friend? (Y & T) 1 lesson Justice (CV)	Health and prevention: Sleep is important 1 lesson Me myself and I (Y & T) Anti bullying week 1 lesson Economic education: Enterprise, raising money for charity. 1 lesson	Resolving conflicts and where to get help. (expect, respect healthy relationships lesson) Internet safety and harms: People who can help us on and offline (Y & T) 1 lesson Internet safety day	Basic first aid What to do in an emergency 1 lesson PANTS Keeping myself safe Recap – 1 lesson Recap body part names	Families and how to get on with your family. (Y & T) 1 lesson Sun safety: (Y and T) 1 lesson	Gender stereotypes – jobs we do- (Y & T) 1 lesson Economic education: How can I keep track of my money? 1 lesson
	Physical health and fitness: Daily mile, WoW walk to school program, 2 hours of PE per week. The conventions of manners and courtesy. TREE, UNICEF rights of the child, School council, groundrules, environmental education, worship themes					
Y4	Introducing Yasmin and Tom – ground rules setting lesson. Mental wellbeing: Managing feelings 1 lesson Health and prevention: Healthy teeth and mouths (Science or Y and T)) Friendship, respect and empathy 1 lesson	Challenging stereotypes Anti bullying week 1 lesson Violence, excuses and responsibility (Expect, respect, healthy relationships lesson) Feeling Good (Y and T) 1 lesson	Internet safety and harms: Is it risky? (Y & T) 1 lesson Who can play? (Y & T) 1 lesson Internet safety day	Basic first aid Head injuries 1 lesson My personal/ private body parts (Y & T) 1 lesson Germs (Y and T) 1 lesson Body care (Y & T) 1 lesson	Different families, same love 1 lesson Canal and river safety 1 lesson	Gender stereotypes – in the home. 1 lesson Economic Education What are the links between money and jobs? How can I pay for things? 2 lessons
	Physical health and fitness: Daily mile, WoW walk to school program, 2 hours of PE per week. The conventions of manners and courtesy. TREE, UNICEF rights of the child, School council, groundrules, environmental education, worship themes					
Y5	Introducing Yasmin and Tom – ground rules setting lesson. Mental wellbeing: Mental health and keeping well 1 lesson Feeling good (Y and T)	Friendships and secrets (Y & T) Secrets and stories (Expect, respect, healthy relationships lesson) 2 lessons Anti-bullying week	Internet safety and harms: On and offline Friendships (Y & T) 1 lesson Asking for help (Y and T) 1 lesson Internet safety day	Basic first aid: Bites and stings 1 lesson Choking 1 lesson Safe and unsafe touch (Y & T) 1 lesson	Healthy eating: Healthy eating (Y and T) 1 lesson Families, marriages and civil partnerships (Y and T). 1 lesson Isolation and loneliness (Y and	Health and prevention: Sun safety (Y and T) 1 lesson Economic education: How do I plan a budget? 1 lesson

	1 lesson Health and prevention: Getting enough sleep (Y and T) 1 lesson Changes at puberty Periods. (Y & T) (Science) 2 lessons		Economic education: How can I use a bank account? 1 lesson		T) 1 lesson	
	Physical health and fitness: Daily mile, WoW walk to school program, 2 hours of PE per week. The conventions of manners and courtesy. TREE, UNICEF rights of the child, School council, groundrules, environmental education, worship themes, Debt aware – financial education.					
Y6	Introducing Yasmin and Tom – ground rules setting lesson. Mental wellbeing: Feelings and common anxieties when transitioning to secondary school. 1 lesson Physical health and fitness: How exercise affect heart rate and health. (Science) Physical fitness (Y and T) 1 lesson Friendships and pressure (Y & T) 1 lesson GANGs workshop	Healthy eating: How can we have a healthy lifestyle? (Science) 1 lesson Drugs, alcohol and tobacco: What are drugs? (Science) Smoking, Drugs and alcohol (Y and T) 3 lessons. Health and prevention: Microorganisms, hygiene and vaccination. Germs (Y and T) (Science) Equality and the law (Y & T) Identity and prejudice (Y & T) Anti bullying week 1 lesson Court room Game 1 (Expect, respect, healthy relationships lesson)	Internet safety and harms: Online images (Y & T) 1 lesson Internet safety day My online identity (Expect, respect, healthy relationships lesson)		Difficulties in families Getting help (Y and T) 1 lesson Economic education: How can I keep my money safe? Money from around the world (maths). What affects my choices about money? How does money affect my feelings? (mental health) 4 lessons	Basic first aid: Bleeding 1 lesson Asthma attacks 1 lesson <i>Masturbation and wet dreams (Y & T)</i> <i>Making babies- sexual intercourse.(Y & T)</i> <i>Pregnancy and birth (Science) 3 lessons</i>
	Physical health and fitness: Daily mile, WoW walk to school program, 2 hours of PE per week. The conventions of manners and courtesy. TREE, UNICEF rights of the child, School council, groundrules, environmental education, worship themes, Debt aware – financial education					