



# DOG KENNEL HILL PRIMARY SCHOOL

## PSHE Curriculum Map 2020-2021



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Revised in light of Covid Lockdown (Spring 2021)</b>			<p>PSHE-Led discussions in place of lessons with teachers leading a weekly virtual class meeting. Discussions based around the unit outcomes as listed below.</p>	<ul style="list-style-type: none"> <li>For remainder of remote learning period, PSHE-led discussions continued with appropriate discussion content.</li> <li>On school return, school-wide focus on core subjects. PSHE content during this time to focus on areas to support the settling/transitioning of pupils back into school through mindfulness Brain Breaks and activities.</li> </ul>	<p>Healthy Eating Week/Mindful Yoga/Mental Health Workshops to be scheduled into Summer Term. These will partially compensate for the unit 'Healthy Me'.</p>	
<b>Nursery</b>	<p><b>Being Me In My World</b></p> <ul style="list-style-type: none"> <li>Exploring similarities and differences from their friends and how that is OK.</li> <li>Begin to recognise and manage feelings.</li> <li>Begin to understand children's rights, and what it means to be responsible.</li> </ul>	<p><b>Celebrating Difference</b></p> <ul style="list-style-type: none"> <li>Celebrating what makes us similar, different and special.</li> <li>Exploring friendships and understanding how to be a kind friend.</li> </ul>	<p><b>Dreams and Goals</b></p> <ul style="list-style-type: none"> <li>Discussing challenges and facing up to them.</li> <li>Recognising the importance of being resilient and not giving up.</li> <li>Discuss goals and aspirations in life.</li> </ul>	<p><b>Healthy Me</b></p> <ul style="list-style-type: none"> <li>Identifying key parts of body and how to stay healthy.</li> <li>Recognising some foods are healthier than others.</li> <li>Understanding importance of sleep and hand washing.</li> <li>Discussing stranger danger.</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Learning about families and key relationships in their lives.</li> <li>Introduced to simple strategies to mend friendships.</li> <li>Learn methods to self-regulate feelings of upset.</li> </ul>	<p><b>Changing Me</b></p> <ul style="list-style-type: none"> <li>Thinking about how they have changed from being a baby.</li> <li>Understanding that change can bring about positive and negative feelings.</li> </ul>
<b>Reception</b>	<p><b>Being Me In My World</b></p> <ul style="list-style-type: none"> <li>Understanding what it means to belong.</li> <li>Recognising feelings and understanding what it means to be kind.</li> <li>Understanding rights and responsibilities.</li> </ul>	<p><b>Celebrating Difference</b></p> <ul style="list-style-type: none"> <li>Identifying similarities and differences.</li> <li>Celebrating what makes us special.</li> <li>Exploring how to be a kind friend to others.</li> </ul>	<p><b>Dreams and Goals</b></p> <ul style="list-style-type: none"> <li>Exploring the idea of perseverance and resilience.</li> <li>Identifying goals and having aspirations ambition for myself.</li> </ul>	<p><b>Healthy Me</b></p> <ul style="list-style-type: none"> <li>Understanding how to make healthy choices through diets and exercise.</li> <li>Recognising the importance of sleep, keeping clean and stranger awareness.</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>Exploring friendships.</li> <li>Understanding how to treat others with respect.</li> <li>Exploring ways to help myself and others when feeling upset.</li> </ul>	<p><b>CWP: Family and Friendship</b></p> <ul style="list-style-type: none"> <li>Lesson 1: Caring Friendships</li> <li>Lesson 2: Being Kind</li> <li>Lesson 3: Families</li> </ul> <p><b>Changing Me</b></p> <ul style="list-style-type: none"> <li>Piece 4: Understand and respect the changes they see in other people</li> <li>Piece 5: Know who to ask for help if</li> </ul>



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						<p>they are worried about change</p> <ul style="list-style-type: none"> <li>- Piece 6: Looking forward to Year 1.</li> </ul>
Year 1	<b>Being Me In My World</b> <ul style="list-style-type: none"> <li>- Introduced to the Jigsaw Charter and setting expectations.</li> <li>- Discussing rights, responsibilities, Year 2 choices and consequences.</li> <li>- Recognising what makes us special and knowing how we keep ourselves and each other safe.</li> </ul>	<b>Celebrating Difference</b> <ul style="list-style-type: none"> <li>- Discussing similarities and differences and what makes us unique and special.</li> <li>- Learning about bullying, how it feels and who to ask for help.</li> <li>- Discuss friendships, differences and the importance of being kind.</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>- Setting simple goals, how to achieve them and overcoming difficulties when they try.</li> <li>- Recognising feelings associate with facing obstacles.</li> <li>- Discuss partner working and how to do this well.</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>- Recognise healthy and unhealthy choices and how these make us feel.</li> <li>- Discuss importance of hygiene, keeping clean and that germs will make us unwell.</li> <li>- Learn about road safety and people who can help us stay safe.</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>- Exploring friendships.</li> <li>- Understanding how to treat others with respect.</li> <li>- Exploring ways to help myself and others when feeling upset.</li> </ul>	<b>CWP: Growing and Caring for ourselves</b> <ul style="list-style-type: none"> <li>- Lesson 1: Different Friends</li> <li>- Lesson 2: Growing and Changing</li> <li>- Lesson 3: Families &amp; Care</li> </ul>
						<b>Changing Me</b> <ul style="list-style-type: none"> <li>- Piece 5: Understand that am growing and learning new things.</li> <li>- Piece 6: Discussing change that has happened in my life.</li> </ul>
Year 2	<b>Being Me In My World</b> <ul style="list-style-type: none"> <li>- Understanding what it means to belong.</li> <li>- Understanding what it means to feel safe and happy in my class.</li> <li>- Understanding rights and responsibilities.</li> </ul>	<b>Celebrating Difference</b> <ul style="list-style-type: none"> <li>- Discussing gender stereotypes, differences and similarities between boys and girls.</li> <li>- Identifying feelings associated with bullying and where to seek help.</li> <li>- Exploring friendships and differences.</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>- Setting realistic goals and understanding the steps to achieve them.</li> <li>- Discussing perseverance and recognising strengths and difficulties as a learner.</li> <li>- Sharing success with other people.</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>- Learn about healthy food and making healthy choices.</li> <li>- Identifying things that make you relaxed and stressed.</li> <li>- Discussing what medicines are and how to use them safely.</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>- Discussing roles and responsibilities in a family and the importance of co-operation, appreciation and trust.</li> <li>- Learn and practise strategies for conflict resolution.</li> <li>- Understanding the importance of trust in relationships.</li> <li>- Discussing how to seek help if they are worried or scared.</li> </ul>	<b>CWP: Differences</b> <ul style="list-style-type: none"> <li>- Lesson 1: Differences</li> <li>- Lesson 2: Male &amp; Female Animals</li> <li>- Lesson 3: Naming Body Parts</li> </ul>
						<b>Changing Me</b> <ul style="list-style-type: none"> <li>- Piece 5: Understanding there are different types of touch and that some are acceptable and some are unacceptable.</li> <li>- Piece 6: Identifying what I am looking forward to when I move to my next class.</li> </ul>



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<b>Year 3</b>	<p><b>Being Me In My World</b></p> <ul style="list-style-type: none"> <li>- Recognising self-worth and identify positive things about themselves.</li> <li>- Learning to face challenges with positivity.</li> <li>- Discuss the importance of rules, rights and responsibilities.</li> </ul>	<p><b>Celebrating Difference</b></p> <ul style="list-style-type: none"> <li>- Identifying similarities and differences in families.</li> <li>- Learn strategies for calming themselves down.</li> <li>- Revisiting the topic of bullying and discuss problem-solving techniques in bullying situations.</li> <li>- Talk about giving and receiving compliments and feelings associated with it.</li> </ul>	<p><b>Dreams and Goals</b></p> <ul style="list-style-type: none"> <li>- Identifying dreams and ambitions and discuss how it will feel when they achieve them.</li> <li>- Discuss challenges and identifying own strategies for overcoming these.</li> <li>- Reflect on their progress and successes and identify what they could improve on for next time.</li> </ul>	<p><b>Healthy Me</b></p> <ul style="list-style-type: none"> <li>- Discuss the importance of exercise and how it helps to keep the body healthy.</li> <li>- Talk about the functions of the heart and lungs.</li> <li>- Understand what calories, fat and sugar is and how it can affect health.</li> <li>- Talk about different types of drugs and how there are ones to take to make us feel better when we are unwell.</li> <li>- Discuss things, places and people that are dangerous.</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>- Revisit family relationships and identify different roles and expectations within the family home.</li> <li>- Discuss why stereotypes can be unfair.</li> <li>- Revisit the 'solve-it' technique for negotiating conflict situations.</li> <li>- Understand rules for staying safe online.</li> <li>- Learn that we are part of a global community and to revisit children's universal rights.</li> </ul>	<p><b>CWP: Valuing Difference and Keeping Safe</b></p> <ul style="list-style-type: none"> <li>- Lesson 1: Body Differences</li> <li>- Lesson 2: Personal Space</li> <li>- Lesson 3: Help and Support</li> </ul> <hr/> <p><b>Changing Me</b></p> <ul style="list-style-type: none"> <li>- Piece 5: Recognising stereotypical ideas about parenting and family roles.</li> <li>- Piece 6: Identifying what I am looking forward to when I move to my next class.</li> </ul>
<b>Year 4</b>	<p><b>Being Me In My World</b></p> <ul style="list-style-type: none"> <li>- Understanding what it means to be in a team.</li> <li>- Talk about attitudes, actions and effects on whole class.</li> <li>- Discuss democracy and the different roles people can have to make collective decisions and deal with conflict.</li> </ul>	<p><b>Celebrating Difference</b></p> <ul style="list-style-type: none"> <li>- Discuss how influences can affect how we judge a person or situation.</li> <li>- Discuss bullying, online bullying and what to do if they suspect it is taking place.</li> <li>- Understand and discuss the pressures of being a witness.</li> <li>- Recognise own uniqueness and what is special about themselves.</li> </ul>	<p><b>Dreams and Goals</b></p> <ul style="list-style-type: none"> <li>- Children talk about hopes and dreams.</li> <li>- Discuss how it feels when faced with disappointment.</li> <li>- Identify group work and overcoming challenges together as a class.</li> <li>- Reflect on their successes and the feelings associated with overcoming a challenge.</li> </ul>	<p><b>Healthy Me</b></p> <ul style="list-style-type: none"> <li>- Look at friendship groups that they are a part of, how they are formed, leaders and followers.</li> <li>- Reflect on their friendships and how different people can make them feel.</li> <li>- Explore smoking and alcohol and its effects on health.</li> <li>- Discuss peer pressure and how to deal with it.</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>- Exploring the emotional aspects of relationships, friendships.</li> <li>- Identify the emotions associated with relationship changes and strategies for coping with change.</li> <li>- Learn that sometimes relationships can end and that they can be amicable.</li> </ul>	<p><b>CWP: Growing Up</b></p> <ul style="list-style-type: none"> <li>- Lesson 1: Changes</li> <li>- Lesson 2: What is Puberty?</li> <li>- Lesson 3: Healthy Relationships</li> </ul> <hr/> <p><b>Changing Me</b></p> <ul style="list-style-type: none"> <li>- Piece 5: Identifying changes that may be outside of my control and how to manage these.</li> <li>- Piece 6: Identifying what I am looking forward to when I move to my next class.</li> </ul>
<b>Year 5</b>	<p><b>Being Me In My World</b></p> <ul style="list-style-type: none"> <li>- Discuss goals and challenges they may face for the year ahead.</li> </ul>	<p><b>Celebrating Difference</b></p> <ul style="list-style-type: none"> <li>- Explore culture and cultural differences linking it to racism and how to be aware of their own</li> </ul>	<p><b>Dreams and Goals</b></p> <ul style="list-style-type: none"> <li>- Discussing dreams and aspirations, looking at jobs people they know do and exploring</li> </ul>	<p><b>Healthy Me</b></p> <ul style="list-style-type: none"> <li>- Understanding risks linked to smoking and alcohol misuse, and its effects on</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>- Recognise the importance of self-esteem.</li> <li>- Investigate and reflect on a variety</li> </ul>	<p><b>CWP: Puberty</b></p> <ul style="list-style-type: none"> <li>- Lesson 1: Talking about Puberty</li> <li>- Lesson 2: The Reproductive System</li> </ul>



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	<ul style="list-style-type: none"> <li>- Identify rights and responsibilities as a member of the class, school, wider community and country they live in.</li> <li>- Explore what democracy means, how it benefits their school and how they could contribute towards it.</li> </ul>	<ul style="list-style-type: none"> <li>- feelings towards other cultures.</li> <li>- Revisit the topic of bullying. Discuss rumour spreading and name calling.</li> <li>- Children talk about direct/indirect bullying and ways to encourage children not to use bullying behaviours.</li> </ul>	<ul style="list-style-type: none"> <li>- the fact some jobs pay more than others.</li> <li>- Comparing similarities and differences between themselves and someone from a different culture.</li> </ul>	<ul style="list-style-type: none"> <li>- the lungs, liver and heart.</li> <li>- Learn a range of basic emergency procedures (recovery position) and how to contact the emergency services.</li> <li>- Look at how body types are portrayed in the media and discuss how eating disorders can be linked to negative body image pressures.</li> </ul>	<ul style="list-style-type: none"> <li>- of positive and negative online and social media contexts.</li> <li>- Learn about the SMARRT internet safety rules and how to identify when something online feels uncomfortable or unsafe.</li> </ul>	<ul style="list-style-type: none"> <li>- Lesson 3: Help and Support</li> </ul> <hr/> <p><b>Changing Me</b></p> <ul style="list-style-type: none"> <li>- Piece 5: Identifying what it means to be a teenager and understand the growing responsibilities.</li> <li>- Piece 6: Identifying what I am looking forward to when I move to my next class.</li> </ul>
<b>Year 6</b>	<p><b>Being Me In My World</b></p> <ul style="list-style-type: none"> <li>- Discuss the year ahead, setting goals and discussing fears and worries for the future.</li> <li>- Learn about the United Nations Convention on the Rights of the Child.</li> <li>- Talk about choices and actions and how these could have far-reaching effects on others.</li> <li>- Revisit democracy, how it benefits the school and how they can contribute towards it.</li> </ul>	<p><b>Celebrating Difference</b></p> <ul style="list-style-type: none"> <li>- Identifying similarities and differences and recognising that for some people, being different is hard.</li> <li>- Explore bullying and how people can have power over others in a group. Discuss strategies for dealing with this as well as wider bullying issues.</li> <li>- Learn about people with disabilities and look at examples of people who have amazing lives and achievements.</li> </ul>	<p><b>Dreams and Goals</b></p> <ul style="list-style-type: none"> <li>- Identify own strengths and discuss how to further stretch themselves by setting challenging and realistic goals.</li> <li>- Explore various global issues and explore places where people may be suffering or living in difficult situations.</li> <li>- Discuss what they think their classmates like and admire as well as working on giving others praise and compliments.</li> </ul>	<p><b>Healthy Me</b></p> <ul style="list-style-type: none"> <li>- Understand the importance of taking responsibilities for their own physical and emotional health and choices linked to this.</li> <li>- Discuss different types of drugs and the effects this can have on people's bodies.</li> <li>- Discuss exploitation as well as gang culture and associated risks.</li> <li>- Explore what mental health/illness is and recognise that people can have different attitudes towards this.</li> <li>- Recognise the triggers for and feelings of being stressed.</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>- Explore and discuss mental health and how to take care of their own mental well-being.</li> <li>- Identify the stages in a grief cycle and discuss the different causes of grief and loss.</li> <li>- Discuss online safety, learning how to judge if something is safe and helpful.</li> </ul>	<p><b>CWP: Puberty, Relationships &amp; Reproduction</b></p> <ul style="list-style-type: none"> <li>- Lesson 1: Puberty &amp; Reproduction</li> <li>- Lesson 2: Communication in Relationships</li> <li>- Lesson 3: Families, Conception &amp; Pregnancy</li> <li>- Lesson 4: Online Relationships.</li> </ul> <hr/> <p><b>Changing Me</b></p> <ul style="list-style-type: none"> <li>- Piece 5: Understanding the importance of positive self-esteem.</li> <li>- Piece 6: Preparing myself for transition into secondary school.</li> </ul>