

# Carnarvon Primary School

## Curriculum Map for PSHE



### Key characteristics we want to promote with our children:

Our PSHE curriculum aims to equip children with essential skills for life by developing knowledge and attributes children need to protect and enhance their wellbeing. The themes and topics support social, moral, spiritual and cultural development and provide children with protective teaching on essential safeguarding issues, developing their knowledge of when and how they can ask for help.

Range of Opportunities	
Key Stage 1	Key Stage 2
<ul style="list-style-type: none"><li>• Children learn about the importance of being kind to others and what makes someone a special person in their lives.</li><li>• Children learn about the potential dangers in the online world, their digital footprint and cyberbullying.</li><li>• Children learn how confidence has an impact on their wellbeing.</li><li>• Children compare their life with other children around the world</li><li>• Children learn about the powers of positivity.</li><li>• Children learn about community and the importance of respecting rights</li><li>• Children learn how to look after their body and how we change and grow physically and emotionally.</li></ul>	<ul style="list-style-type: none"><li>• Children learn about teamwork, collaborative learning and compromise. They learn how friendships are maintained and how to deal with conflict and resolution.</li><li>• Children learn about what and what not to share online; email privacy settings, dealing with spam, stereotypes and worrying online content.</li><li>• Children learn how to be assertive and how to develop a positive view of themselves.</li><li>• Children explore a Malawian case study. They learn about their global responsibility.</li><li>• Children learn how to apply a growth mindset and how to overcome barriers to success.</li><li>• Children learn about British democracy and the workings of the government.</li><li>• Children learn the consequences of discrimination and how we respect the rights of others</li><li>• Children learn how to make safe choices about their body. They learn about human reproduction and sexual relationships.</li></ul>

## WHOLE SCHOOL PSHE CURRICULUM

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Y1	Team	E-safety	Be yourself	Aiming high	Britain	It's my body
Y2	VIPS	E-safety	One world	Think positive	Respecting rights	Growing up
Y3	Team	E-safety	Be yourself	Aiming high	Britain	It's my body
Y4	VIPS	E-safety	One world	Think positive	Respecting rights	Growing up
Y5	Team	E-safety	Be yourself	Aiming high	Britain	It's my body
Y6	VIPS	E-safety	One world	Think positive	Respecting rights	Growing up

THEME	Milestone 1		Milestone 2		Milestone 3	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>TEAM</b>	<ul style="list-style-type: none"> <li>Children learn about the importance of being kind to others, the effects of bullying and teasing and what to do about it if they see it happening or if it happens to them.</li> </ul>		<ul style="list-style-type: none"> <li>Children learn to identify the impact their actions have on the team they are working in and how new starts, such as a new school year, feel. They learn about successful teamwork skills, being considerate and how to resolve conflict.</li> </ul>		<ul style="list-style-type: none"> <li>Children will learn about positive learning behaviour, cooperation, effective teamworking skills and explores children's responsibilities towards their classmates.</li> </ul>	

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
E-SAFETY	<ul style="list-style-type: none"> <li>• Children learn about the potential dangers in the online world and what basic steps we all need to take in order to have positive digital experiences.</li> </ul>	<ul style="list-style-type: none"> <li>• Children learn about their digital footprint; how to improve the efficiency of their online searches, the types of websites that are best for children to access, as well as how to identify inappropriate content.</li> <li>• Children will be introduced to the term 'cyberbullying' and look at how they should communicate online</li> </ul>	<ul style="list-style-type: none"> <li>• Children are introduced to email. They will look at how to write and send emails.</li> <li>• They build on their existing knowledge of cyberbullying and how to deal with unkind behaviour online.</li> <li>• The use and importance of privacy settings is introduced.</li> </ul>	<ul style="list-style-type: none"> <li>• Children learn about preventing and dealing with cyberbullying; how to use search engines efficiently; how to avoid plagiarism online; and how to be a good digital citizen.</li> </ul>	<ul style="list-style-type: none"> <li>• Children will learn about email safety with a focus on preventing and dealing with spam.</li> <li>• They will consider the importance of strong passwords and learn how to create them.</li> <li>• Children will build on their knowledge of plagiarism.</li> </ul>	<ul style="list-style-type: none"> <li>• Children will be taking a more in depth look at a variety of online safety issues.</li> <li>• They will be introduced to the idea of the internet, as a type of media.</li> </ul>
BE YOURSELF	<ul style="list-style-type: none"> <li>• Children are encouraged to recognise different emotions and explore different strategies to help them manage any uncomfortable feelings they experience.</li> <li>• They will learn about how big life changes impact on feelings and emotions and explore the importance of sharing their thoughts and feelings.</li> </ul>		<ul style="list-style-type: none"> <li>• Children explore how to express their thoughts and feelings respectfully and how to be assertive when in uncomfortable situations.</li> <li>• They also explore the influence of the media in how we view ourselves and analyse the reality of these messages.</li> </ul>		<ul style="list-style-type: none"> <li>• Children will learn about self-esteem, assertiveness, recognising and expressing emotions and managing difficult situations.</li> </ul>	

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>ONE WORLD</b>		<ul style="list-style-type: none"> <li>• Children explore their own family life, home and school and compare these to children’s family life, homes and schools around the world, which are different from their own.</li> <li>• They also learn about the importance of looking after Earth’s natural resources for future generations.</li> </ul>		<ul style="list-style-type: none"> <li>• Through a case study of a child in Malawi, the children learn that people’s life experiences and opportunities differ throughout the world and that our actions can have both positive and harmful effects on people living in different countries.</li> <li>• They learn what it means to be a good global citizen.</li> </ul>		<ul style="list-style-type: none"> <li>• Children will learn about human rights, climate change, energy use, water conservation, biodiversity and protecting the environment</li> </ul>
<b>AIMING HIGH</b>	<ul style="list-style-type: none"> <li>• Children will learn about having high aspirations. They will start by discussing positive views of themselves and will then identify how having a positive learning attitude can help them tackle and achieve new learning challenges and improve learning outcomes.</li> </ul>		<ul style="list-style-type: none"> <li>• Children identify ways of applying a growth mind-set to new challenges and learn about the importance of resilience. Children share their aspirations for the future, considering different jobs and roles and the difficulties faced by stereotyping.</li> </ul>		<ul style="list-style-type: none"> <li>• Children will learn about careers education such as aspirations, goal setting, equal opportunities, innovation and enterprise</li> </ul>	

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
THINK POSITIVE		<ul style="list-style-type: none"> <li>• Children learn to recognise, talk about and accept their feelings, both positive and negative, and how to manage certain emotions.</li> <li>• Children are encouraged to explore the positive feelings associated with being thankful, grateful and mindful.</li> </ul>		<ul style="list-style-type: none"> <li>• Children learn about themes such as thinking positively and calmly, managing difficult emotions, taking responsibility for decisions and developing a growth mind-set approach to learning.</li> </ul>		<ul style="list-style-type: none"> <li>• Children will learn about the skills of mindfulness and a growth mindset to develop a positive attitude, resilience and self-regulation</li> </ul>
BRITAIN	<ul style="list-style-type: none"> <li>• Children learn about community, being good neighbours and looking after the environment.</li> <li>• They will also learn about Britain, what it means to be British, about diversity and the importance of celebrating and being respectful of our differences</li> </ul>		<ul style="list-style-type: none"> <li>• Children learn that we live in a diverse, multi-cultural and democratic society, which enables them to be respectful of difference.</li> <li>• They learn about British people, rules, the law, liberty and what living in a democracy means.</li> </ul>		<ul style="list-style-type: none"> <li>• Children will learn about British Values topics, Local and National Government, community, identity and how to make a positive contribution</li> </ul>	

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
RESPECTING RIGHTS		<ul style="list-style-type: none"> <li>• Children explore the concepts of difference and fairness and encouraged to reflect on how we should behave towards those who are different from us and why it is important to be fair.</li> <li>• Children will also learn about who helps us to protect our rights and what we can do if we don't feel safe.</li> </ul>		<ul style="list-style-type: none"> <li>• Children learn about how they can make choices and take actions that respect the rights of others and challenge stereotypes.</li> <li>• They will also learn about rules – why we have them and how they help us.</li> </ul>		<ul style="list-style-type: none"> <li>• Children will learn about human rights and how rights respecting people protect and respect human rights around the world.</li> </ul>
IT'S MY BODY	<ul style="list-style-type: none"> <li>• Children explore the choices they can make about looking after their bodies in key areas such as: sleep, exercise, diet, cleanliness and substances. Children will learn facts about these key areas and learn strategies to manage them</li> </ul>		<ul style="list-style-type: none"> <li>• Children learn about making safer choices about their bodies, sleep, diet, exercise, cleanliness and substances alongside the underlying message of choice and consent.</li> </ul>		<ul style="list-style-type: none"> <li>• Children will learn about healthy lifestyles, personal hygiene, harmful substances, making healthy choices and body image</li> </ul>	

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>GROWING UP</b>		<ul style="list-style-type: none"> <li>• Children learn about their own and other's bodies; looking at similarities, differences and gender stereotypes.</li> <li>• They learn about respecting their own and other's bodies, keeping their bodies safe and sharing their feelings.</li> </ul>		<ul style="list-style-type: none"> <li>• Children develop their knowledge of the human body; how we grow and change, both physically and emotionally.</li> <li>• Children will learn about their own and others' bodies and how male and female bodies play a part in human reproduction.</li> <li>• They will also learn about different relationships and family structures.</li> </ul>		<ul style="list-style-type: none"> <li>• Children will learn about relationships education, including body image, emotional changes, puberty, human reproduction and relationships.</li> </ul>