



Lunt's Heath Primary School

PHSE Curriculum Map and Statutory Requirements

PSHE Units 2024-2025						
	Autumn		Spring		Summer	
EYFS	Being Me In My World Understanding feelings, being kind and gentle in the classroom.	Celebrating Difference Understanding what makes me unique – talents, homes, families.	Dreams And Goals Recognising goals that have been achieved and how it made me feel.	Healthy Me Understanding the importance of healthy food, sleep and exercise.	Relationships Friendships and falling out.	Changing Me Identifying body parts, changes from being a baby. Memories and thoughts about Y1.
Year 1	Being Me In My World Rewards and consequences.	Celebrating Difference Identifying similarities and differences of people in class; understanding bullying and who to ask for help.	Dreams And Goals Setting simple goals and planning how to achieve them.	Healthy Me The difference between healthy and unhealthy; germs, medicine and road safety.	Relationships Identifying who is special to me and how to be a good friend.	Outdoor Learning
Year 2	Being Me In My World Contributing own ideas on rewards and consequences.	Healthy Me Understanding feelings of being relaxed and stressed; a healthy and balanced diet.	Dreams And Goals Working well with a group to achieve a goal.	Celebrating Difference Exploring gender stereotypes. Bullying is sometimes about difference.	Outdoor Learning	Relationships Physical touch- good and bad. Secrets – good and bad.
Year 3	Being Me In My World Taking responsibility for my reactions and make responsible choices.	Celebrating Difference Differences in families, managing conflict in families and witnessing bullying.	Dreams And Goals Remaining positive when obstacles might hinder progress towards a goal.	Outdoor Learning	Healthy Me Keeping safe. Impact of exercise and diet on the body and exploring attitudes to drugs.	Relationships Roles of people within my family and the wider world.
Year 4	Being Me In My World Understanding being a citizen in school and an introduction to democracy.	Celebrating Difference Making assumptions based on appearance. Bullying-it can be hard to spot and what to do if unsure.	Outdoor Learning	Dreams And Goals Hopes and dreams and dealing with disappointment.	Healthy Me Understanding the effects of smoking, alcohol and dealing with peer pressure.	Relationships Understanding how relationships may change over time and why.
Year 5	Being Me In My World Understand responsibilities as a citizen of my country and school.	Outdoor Learning	Celebrating Difference Understanding cultural differences and racism. Direct and indirect bullying.	Dreams And Goals Understanding possible future career aspirations and how to work towards them.	Healthy Me Impact of smoking and drinking on key organs. Social media and the impact on body image.	Relationships + Changing Me Using technology and being online responsibly and safely. Puberty.
Year 6	Youth Parliament / Outdoor Learning Working in teams to explore four real life issues they may experience before voting as a democracy.	Celebrating Difference Understanding disabilities, how this can cause inequality and overcoming barriers.	Dreams And Goals Setting challenging and realistic goals; how people make the world a better place.	Healthy Me Understanding exploitation, gangs and how to stay emotionally well.	Relationships Taking care of own mental health, grief and understanding when people are trying to gain power / control (including online).	Changing Me RSE- conception to birth and positive relationships.

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Purpose and Aims

We use Personal, social, health and economic education (PSHE) to promote pupils' personal social and emotional development, as well as their health and well-being. It helps to give children the knowledge and skills they need to lead confident, healthy and independent lives. We believe that the personal, social and health development of each child, in conjunction with their citizenship skills, has a significant role in their ability to learn. We value the importance of PSHE and Citizenship in preparing children for the opportunities, responsibilities and experiences of adult life. In addition, we believe that a child needs to learn about the many emotional aspects of life and how to manage their own emotions. We are also aware of the way that PSHE supports many of the principles of Safeguarding.

Aims

Our whole school, mindful approach to PSHE, brings together Personal, Social, Health Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. A lesson a week with the teaching resources included, helps teachers to focus on tailoring the lessons to their children's needs and to enjoy building the relationship with their class, getting to know them better as unique human beings. Teaching strategies are varied and are mindful of preferred learning styles and the need for differentiation with all year groups working on the same theme at the same time.

At Lunt's Heath Primary School PHSE lessons aim to ensure that all pupils:

- understand how they are developing personally and socially
- consider many of the moral, social and cultural issues that are part of growing up
- understand the rights and responsibilities that are part of being a good citizen
- know what it means to be a positive member of a diverse and multicultural society.

Statutory Relationship and Health Education

Lunt's Heath Primary School aims to provide a comprehensive PSHE Programme which covers all the requirements of the government guidance and outcomes, and more. The Relationships and Health units cover most of the aspects in the guidance but these are enhanced, revisited and foundations built throughout the whole school curriculum. Our philosophy starts by building positive self-image, a sense of identity and a healthy relationship with self, and from that starting point helps children grow healthy relationships with others.

Health Education embraces not only physical health but has a strong focus on mental health and emotional literacy throughout, and we aim to empower children to be aware of their own thoughts and feelings and know how to manage and regulate these.



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EYFS

PSHEE Knowledge and Skills	
<p style="text-align: center;">Communication and Language – Reception</p> <ul style="list-style-type: none"> Use talk to help work out problems and organise thinking and activities, and to explain how things work and why they might happen. Develop social phrases. 	<p style="text-align: center;">Personal, Social and Emotional Development – Reception</p> <ul style="list-style-type: none"> See themselves as a valuable individual. Build constructive and respectful relationships. Express their feelings and consider the feelings of others. Show resilience and perseverance in the face of challenge. Identify and moderate their own feelings socially and emotionally. Think about the perspectives of others. Manage their own needs. <ul style="list-style-type: none"> personal hygiene Know and talk about the different factors that support their overall health and wellbeing: <ul style="list-style-type: none"> regular physical activity healthy eating toothbrushing sensible amounts of 'screen time' having a good sleep routine being a safe pedestrian
<p style="text-align: center;">Personal, Social and Emotional Development – ELG Self-Regulation</p> <ul style="list-style-type: none"> Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. 	<p style="text-align: center;">Personal, Social and Emotional Development – ELG Managing Self</p> <ul style="list-style-type: none"> Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.
<p style="text-align: center;">Personal, Social and Emotional Development – ELG Building Relationships</p> <ul style="list-style-type: none"> Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and others' needs. 	
<p style="text-align: center;">Physical Development – ELG Gross Motor Skills</p> <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. 	<p style="text-align: center;">Understanding the World – ELG Past and Present</p> <ul style="list-style-type: none"> Talk about the lives of people around them and their roles in society.



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Thematic Approach	Being Me In My World	Celebrating Difference	Dreams And Goals	Healthy Me	Relationships	Changing Me
EYFS	Self-identity Understanding feelings Being in a classroom Being Gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievement Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Linking growing and learning Coping with change Transition to a new class
Year 2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family boundaries Physical contact Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from old to young Increasing independence Assertiveness Preparing for transition to a new class

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Year 3	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others perspectives	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	How babies grow Understanding a babies needs Family stereotypes Challenging my ideas Preparing for transition to a new class
Year 4	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Groups dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Confidence in change Accepting change Preparing for transition Environmental change



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Year 5	<p>Planning the forthcoming year</p> <p>Being a citizen</p> <p>Rights and responsibilities</p> <p>Rewards and consequences</p> <p>How behaviour affects groups</p> <p>Democracy, having a voice, participating</p>	<p>Cultural differences and how they cause conflict</p> <p>Racism</p> <p>Rumours and name calling</p> <p>Types of bullying</p> <p>Material wealth and happiness</p> <p>Enjoying and respecting other cultures</p>	<p>Future dreams</p> <p>The importance of money</p> <p>Jobs and careers</p> <p>Dreams job and how to get there</p> <p>Goals in different culture</p> <p>Supporting others (charity)</p> <p>Motivation</p>	<p>Smoking, including vaping</p> <p>Alcohol</p> <p>Alcohol and anti-social behaviour</p> <p>Emergency aid</p> <p>Body image</p> <p>Relationships with food</p> <p>Healthy choices</p> <p>Motivation and behaviour</p>	<p>Self-recognition and self-worth</p> <p>Building self esteem</p> <p>Safer online communities</p> <p>Rights and responsibilities online</p> <p>Online gaming and gambling</p> <p>Reducing screen time</p> <p>Dangers of online grooming</p> <p>SMARRT internet safety rules</p>	<p>Self and body image</p> <p>Influence of online and media on body image</p> <p>Puberty for girls</p> <p>Puberty for boys</p> <p>Conception</p> <p>Growing responsibility</p> <p>Coping with change</p> <p>Preparing for transition</p>
Year 6	<p>YOUTH PARLIAMENT</p> <p>Year 6 consider 4 four real issues that they will be faced with as they move into their teenage and adult years. They research each topic in groups before presenting their information to the class. The class then vote as a democracy, finally submitting their results to the Youth Parliament vote.</p>	<p>Perceptions of normality</p> <p>Understanding disability</p> <p>Power struggles</p> <p>Understanding bullying</p> <p>Inclusion/exclusion</p> <p>Differences as conflict</p> <p>Differences as celebration</p> <p>Empathy</p>	<p>Personal learning goals in and out of school</p> <p>Success criteria</p> <p>Emotions in success</p> <p>Making a difference in the world</p> <p>Motivation</p> <p>Recognising achievement</p> <p>Compliments</p>	<p>Taking personal responsibility</p> <p>How substances affect the body</p> <p>Exploitation, including county lines and gang culture</p> <p>Emotional and mental health</p> <p>Managing stress</p>	<p>Mental health</p> <p>Identifying mental health worries and sources of support</p> <p>Love and loss</p> <p>Managing feelings</p> <p>Power and control</p> <p>Assertiveness</p> <p>Technology safety</p> <p>Take responsibility with technology use</p>	<p>Self-image</p> <p>Body image</p> <p>Puberty and feelings</p> <p>Conception to birth</p> <p>Reflections about change</p> <p>Physical attraction</p> <p>Respect and consent</p> <p>Boyfriends and girlfriends</p> <p>Sexting</p> <p>Transition</p>