

## Layston School PSHRE Curriculum Map

Managing risk and decision-making are integral to all of the skills listed below.

1. Identification, assessment (including prediction) and management of positive and negative risk to self and others
2. Formulating questions (as part of an enquiring approach to learning and to assess the value of information)
3. Analysis (including separating fact and reasoned argument from rumour, speculation and opinion)
4. Assessing the validity and reliability of information
5. Identify links between values and beliefs, decisions and actions
6. Making decisions

### **Intrapersonal skills embedded throughout.**

- ✓ Self-reflection
- ✓ Seeking & utilising constructive feedback
- ✓ Effective goal setting
- ✓ Identifying unhelpful 'thinking traps' (generalising & stereotyping)
- ✓ Developing resilience (self-motivation, perseverance & adaptability)
- ✓ Self-regulation (Growth Mindset & managing emotions & impulses)
- ✓ Recognising & managing peer influence
- ✓ Self-organisation
- ✓ Developing strategies for accessing appropriate help & support (Protective Behaviours)
- ✓ Clarifying own values and re-evaluating considering new learning, experiences or evidence
- ✓ Developing creative thinking
- ✓ Developing & maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect)

### **Interpersonal & social skills embedded throughout.**

- ✓ Developing empathy & compassion (including the impact on decision making & behaviour)
- ✓ Respecting others' right to own beliefs, values & opinions
- ✓ Evaluating the arguments and opinions of others
- ✓ Developing active listening & communication (including assertiveness)
- ✓ Developing teamwork
- ✓ Developing negotiation (flexibility, self-advocacy & compromise)
- ✓ Developing leadership skills
- ✓ Developing presentation skills
- ✓ Developing goal setting and aspirations
- ✓ Taking positive risks
- ✓ Recognising, evaluating, and utilising strategies to manage influence
- ✓ Valuing & respecting diversity & core British Values
- ✓ Building & maintaining healthy relationships

**PSHRE Curriculum Map - Reception**

<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<ul style="list-style-type: none"> <li>-Classroom routines and expectations</li> <li>-Belonging – families &amp; school</li> <li>-Self-awareness</li> <li>-My feelings</li> <li>-Sharing</li> <li>-Friendships- playing with others</li> <li>-Saying sorry</li> <li>-Golden rules</li> <li>-Expressing feelings</li> <li>-Resolving conflicts</li> <li>Physical:</li> <li>-Move with safety and control around the environment</li> <li>-Manage own personal hygiene with support when required</li> <li>-Independently wash hands</li> <li>-Change for PE beginning to manage own clothing and fastening</li> <li>-Safety – road awareness and expectations on a trip</li> </ul>	<ul style="list-style-type: none"> <li>-Knowing myself</li> <li>-What is a goal</li> <li>-Set goals for myself</li> <li>-Planning</li> <li>-Persist to achieve a goal</li> <li>-Talk about feelings and reasons – excited and proud</li> <li>-Take risks</li> <li>-Express own wants, needs, rights appropriately</li> <li>Physical:</li> <li>-Negotiate space successfully when playing with others – chasing, parachute, games</li> <li>Health and safety – visits into school</li> </ul>	<ul style="list-style-type: none"> <li>-Expressing feelings when sad /angry</li> <li>-Understand fair/unfair</li> <li>-Talks about feelings of loss or when something is missing/absent</li> <li>-Talk about those they love</li> <li>-Recognise others' feelings</li> <li>-Know and talk about how I have changed/grown</li> <li>-Remember past feelings</li> <li>-Know how change makes me feel</li> <li>-Help others when they feel sad</li> <li>-Know how to make my classroom etc better</li> <li>Physical:</li> <li>-Explore healthy practices developing awareness</li> <li>-Move with confidence and control– practice races</li> <li>- Demonstrate safety learnt and manage risks successfully</li> <li>-Independently manage their own clothing and personal needs</li> <li>-Demonstrate and know the importance of good health and safety - Sun safety</li> </ul>

**PSHRE Curriculum Map – Year 1**

<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<ul style="list-style-type: none"> <li>- Devising a class charter</li> <li>- Getting to know each other</li> <li>- Hand washing &amp; hygiene</li> <li>- Looking after each other and our school environment &amp; happy playtimes</li> <li>- Making choices</li> <li>- Making friends– what makes a healthy relationship?</li> <li>- Falling out with a friend &amp; making up</li> <li>-Managing anger</li> <li>- Anti-bullying</li> <li>- Hazards in the home and fire safety</li> <li>-Road safety/stranger danger</li> </ul>	<ul style="list-style-type: none"> <li>- Setting a simple personal goal</li> <li>- Our likes and dislikes</li> <li>- Feeling proud &amp; being special</li> <li>- Recognising worries</li> <li>- Staying calm and relaxed</li> <li>- Recognising and naming body parts Cleaning teeth</li> <li>- Remembering being a baby</li> <li>-What can I do now I'm bigger?</li> <li>-Drugs: how do medicines get into the body?</li> <li>-Drugs: how can medicines keep us healthy &amp; how can medicines harm me?</li> </ul>	<ul style="list-style-type: none"> <li>- Asking for help</li> <li>- Feeling loved and cared for - families</li> <li>- Managing uncomfortable feelings – anxiety and jealousy</li> <li>- Secrets &amp; surprises</li> <li>- Dealing with worries</li> <li>- Supporting each other</li> <li>- Listening effectively</li> <li>- Expressing opinions</li> <li>- Knowing right and wrong</li> <li>- Needs of living things</li> <li>-Developing responsibility - looking after animals. Who else looks after animals?</li> <li>- Moving on – changes and transitions</li> </ul>

**PSHRE Curriculum Map – Year 2**

<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<ul style="list-style-type: none"> <li>- Devise a class charter</li> <li>- Getting to know each other</li> <li>- Communities we belong to</li> <li>- Keeping our bodies healthy</li> <li>- 5 Ways to Well-being</li> <li>- Saving energy, reduce/reuse/recycle</li> <li>- Money – why do we have it, keeping it safe, can I afford it? Wants vs needs</li> <li>- What does it mean to be rich? – material vs quality of life</li> <li>- Getting on/anti-bullying</li> <li>- Constructive feedback</li> <li>- On-line safety</li> </ul>	<ul style="list-style-type: none"> <li>- Setting simple goals</li> <li>- Household substances &amp; safety</li> <li>- How do medicines affect the body?</li> <li>- The dangers of medicines</li> <li>- Making safe choices</li> <li>- Protective Behaviours – who can we go to for help?</li> <li>- Personal hygiene</li> <li>- Privacy &amp; secrecy</li> <li>- Healthy eating &amp; keeping fit</li> <li>- Human life cycle</li> <li>- Food from around the world &amp; Fairtrade</li> </ul>	<ul style="list-style-type: none"> <li>- Developing healthy relationships – families &amp; friendships</li> <li>- Living in a diverse world</li> <li>- Special people &amp; people who help us</li> <li>- Making difficult choices – right &amp; wrong</li> <li>- Habits &amp; making choices about our own behaviour</li> <li>- Living in a diverse world – celebrating similarities &amp; differences rights &amp; responsibilities</li> <li>- Being unique</li> <li>- Changes &amp; loss</li> <li>- Changing our behaviours</li> </ul>

**PSHRE&C Curriculum Map– Year 3**

<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<ul style="list-style-type: none"> <li>- Devise a class charter</li> <li>- Celebrating uniqueness – gifts/talents/self-image</li> <li>- Identifying strong feelings and how to deal with them appropriately – anxiety, anger, excitement</li> <li>- Working cooperatively</li> <li>- Establishing &amp; maintaining happy playtimes – qualities of a good friendship</li> <li>- Understanding and respecting opinions – opinion vs fact</li>   <li>- Making &amp; keeping friends – what is a healthy relationship? - What to do when falling out with a friend</li>   <li>-Anti-bullying – active bystander, support networks, talk</li> <li>- What to do in an emergency in school</li> <li>- How to be safe online</li> </ul>	<ul style="list-style-type: none"> <li>- Understand equality vs discrimination</li> <li>- Feeling good about themselves and setting goals</li> <li>- Understand the dangers of smoking and explain how it affects the body – habit vs addiction</li> <li>- Managing disappointment &amp; being hopeful</li> <li>- Standing up for myself/managing peer pressure</li> <li>- Understand how our bodies change as we grow, personal space &amp; privacy vs secrecy</li> <li>- Know our special people and support networks</li> <li>- Developing positive mental health – 5 Ways to Well-being</li> <li>- Developing positive physical health – balanced lifestyle &amp; diet, cleanliness</li> </ul>	<ul style="list-style-type: none"> <li>- Where to go for help in an emergency out of school</li> <li>- How to take responsibility</li> <li>- Know how to make wise choices</li> <li>- Know how to manage uncomfortable feelings</li> <li>- Know how to support each other</li> <li>- Jobs at home and school (class monitors)</li> <li>- Begin to understand voting and debating</li> <li>- Express having a say in the school community</li> <li>-Understand and explore voluntary/community groups and how they contribute to the community, incl fundraising</li> <li>- Change &amp; transition</li> </ul>

**PSHRE&C Curriculum Map – Year 4**

<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<ul style="list-style-type: none"> <li>- Devise a class charter</li>   <li>- Understanding rules and laws - why we need them, why and how rules and laws are made and enforced</li>   <li>-Sustainability</li> <li>- On-line safety</li>   <li>- Self-Esteem/Friendship/Anti-bullying</li>   <li>- Realise the consequences of antisocial and aggressive behaviours, such as bullying, for individuals and communities</li>   <li>- Money – planning, budgeting &amp; saving</li>   <li>- Explain views on issues that affect themselves and society</li> </ul>	<ul style="list-style-type: none"> <li>- Setting personal &amp; shared goals</li>   <li>-Safe use of legal drugs and medicines</li>   <li>- Making decisions and explaining choices – saying no to gangs &amp; managing peer pressure</li>   <li>- Keeping safe in my local area</li>   <li>- Fairtrade - Ethical living - Rights &amp; responsibilities</li>   <li>- Social media, media &amp; information</li>   <li>- Recognising &amp; challenging stereotypes</li>   <li>- Positive Mental Health &amp; emotions</li>   <li>- Keeping safe and developing independence</li> </ul>	<ul style="list-style-type: none"> <li>- Equality vs discrimination</li>   <li>- Living &amp; working co-operatively – connectedness</li>   <li>- Recognising &amp; challenging prejudice (own &amp; others)</li>   <li>- Gender stereotypes</li>   <li>- Caring about other people’s feelings and to try to see things from their points of view</li>   <li>- How people contribute to society</li>   <li>- Change is normal – changes in my growing body</li>   <li>- Rites of passage &amp; celebrating growing up</li>   <li>- Wishes, hopes &amp; dreams – aspiration</li>   <li>- Responding to peer pressure recap</li>   <li>- Managing change &amp; transition</li> </ul>