



PSHE, Well-being and Safeguarding Curriculum Map

Visitor led/teacher led/Additional Teaching– Contextual

Year group	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
PSHE Theme:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Reception	• Belonging • Recognising and managing my feelings. • Working with others at school • Kindness and gentle hands • Our rights • Our responsibilities Heights and Weights Pol Ed resource – Who are the police and how do they help us?	• What am I good at? • I'm special • Families • Houses and homes • Making Friends • Standing up for yourself NSPCC – PANTS Hand Washing workshop – school nurse Trusted adults: who can help me and how to tell if I feel worried, frightened or unsafe Pol Ed resource – How can adults at school help me?	• Perseverance and challenges • Resilience • Setting a Goal • Obstacles and support • Aspirations • Achievement and pride Financial Education – Recognising money through play: coins are used to buy things; choosing between things we want and things we need	• Exercise and a healthy body • Moving and resting • Healthy Eating • Sleep • Hygiene • Keeping Safe in Public Dog Trust visit	• Me and my Family • Friendships – loneliness • Friendship – solving problems • Unkind words • Managing Feelings • What makes a good friend? Health Team – dental health and healthy eating Contextual safeguarding – Safe use of tablets/phones: ask an adult, stop and tell if something worries me	My body Respecting my Body Growing Up Feelings and transition to Y1 Celebration Responsibilities – growing and changing and new opportunities Contextual safeguarding – Safe and unsafe secrets/surprises: it is always OK to tell a trusted adult
1	• Special and Safe • My Class • Rights and responsibilities	• Identifying Similarities • Identifying differences • Bullying – recognising • Bullying – What to do • Making friends	• Setting Goals • Steps to achieve goals • Collaboration • Tackling new Challenges	• Being Healthy • Healthy Choices • Clean and Healthy • Medicine Safety • Road Safety	• Families • Making Friends • Greetings and being comfortable • People who help us	• Life Cycles • Changing Me • My Changing Body • Boys' and Girls' Bodies • Learning and Growing



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	- Rewards and feeling proud - Consequences - Owning our own learning charter Pol Ed resource – Who are my trusted adults? Road Safety Workshops	Celebrating Differences Pol Ed resource – What is 999? Contextual safeguarding – Speak out, stay safe: trusted adults and telling until someone helps	Celebrating my Success Financial Education focus – What is money? Recognising coins/notes; where money comes from; needs and wants; making simple spending choices Fire Brigade Visit	Happy and Healthy Pol Ed resource – Understanding the Law Dog Trust visit	- Being my own best friend - Celebrating Special Relationships Contextual safeguarding – Online friends and strangers: people online may not be who they say they are	Changes in my Life Safe and unsafe secrets; permission, personal space and body boundaries NSPCC
2	- Special and Safe My Class - Rights and responsibilities - Rewards and feeling proud - Consequences - Owning our own learning charter Road Safety Workshops	- Boys and Girls – stereotypes - Bullying - Standing Up for myself and others - Gender Diversity - Celebrating Differences Contextual safeguarding – Who to talk to if worried: trusted adults in school, at home and in the community	- Goals to Success - My learning Strengths - Collaboration - Group Challenge - Celebrating our achievement Financial Education focus – Spending and saving: making choices with a limited amount of money; needs before wants; keeping money safe Fire Brigade Visit Pol Ed resource – Understanding the Law	- Being Healthy - Being Relaxed - Medicine Safety - Healthy Eating - Happy, health me! Dog Trust visit	- Families - Keeping Safe – Physical contact - Friends and Conflict - Secrets - Trust and appreciation - Celebrating relationships Ariel Trust – Telling Tales, or Asking for Help? Contextual safeguarding – Asking for help: when telling keeps somebody safe. Trusted adults	- Life Cycles - Growing from young to old - Changing Me - Boys' and Girls' bodies - Assertiveness - Looking ahead NSPCC Contextual safeguarding – Online contact: never keep an online request or conversation secret from trusted adults



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3	- Getting to know each other - Our Nightmare School - Our Dream School - Rewards and Consequences - Our Learning Charter – responsibility and action - Owning Our Learning Charter Anti-bullying – Police Visit	- Families - Family Conflict - Witness of bullying – feelings - Witness of bullying – solutions - Words that harm - Celebrating Differences – compliments - Safe and unsafe relationships: recognising controlling, frightening or harmful behaviour Road Safety Workshops	- Challenges and perseverance - My dreams and ambitions - Motivation and enthusiasm - Overcoming barriers - Celebrating my learning Financial Education focus – Ways to pay: cash, cards and digital payments; comparing prices and value; planning a simple budget and saving for a goal	- Being fit and healthy - Balanced diet - Drugs - Being safe, staying safe - Safe and unsafe - My amazing body Dog Trust Contextual safeguarding – Domestic abuse: adults should not hurt, frighten or control people at home; how to seek help	- Family roles and responsibilities – expectations - Friendship - Keeping myself safe online - Being a global citizen – helping people - Being a global citizen – different lives Contextual safeguarding – Online grooming: gifts, flattery, secrets, pressure and requests to move chats/private messages Contextual safeguarding – Mobile phones and messaging: group chats, blocking, reporting and asking for help	- How babies grow - Babies – needs - How our bodies change on the outside - How our bodies change on the inside - Family Stereotypes - Looking ahead NSPCC Contextual safeguarding – Speak out: worries about yourself or a friend should be shared with a trusted adult
4	- Our Class 'Team' - Being a School Citizen - Rights, Responsibilities and Democracy - Rewards and Consequences - Our Learning Charter	- Judging by appearances - Understanding influences - Understanding bullying - Problem-solving - Special Me - Celebrating Differences	- Hope and dreams - Broken Dreams - Overcoming disappointment - Creating new dreams - Achieving Goals - Sharing our achievements	- My friends and Me - Group Dynamics - Smoking - Alcohol - Healthy Friendships - Celebrating my inner strength and assertiveness	- Jealousy - Love and loss - Memories - Getting on and falling out - Boyfriends and girlfriends – understanding relationships	- Unique Me - Having a baby - Girls and Puberty - Circles of change - Accepting Change - Looking ahead NSPCC



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	Owning Our Learning Charter Anti-bullying – Police Visit Fire Brigade – Firework Safety	Pol Ed resource – Understanding the Law Road Safety Workshops	Financial Education focus – Earning and managing money: income, regular household costs and budgeting; advertising and influences on spending; safe online purchasing	Dog Trust Contextual safeguarding – Domestic abuse and coercive control: recognising unsafe behaviour and getting help	- Celebrating my relationships - Electrical Safety Contextual safeguarding – Online grooming and fake profiles: warning signs, disengage, block, report and tell Contextual safeguarding – Mobile phones: group chats, location sharing, privacy settings and pressure to respond	Contextual safeguarding – Image sharing and consent: never pressure someone to share an image; tell if worried
5	- My Year Ahead - Being a Citizen of my Country - Responsibilities - Rewards and Consequences - Our Learning Charter - Owning Our Learning Charter Pol Ed resource – Understanding the Law Bikeability Play Leaders Workshop	- Different Cultures - Racism - Rumours and name calling - Types of bullying - Does money matter - Celebrating difference across the world Contextual safeguarding – Domestic abuse: controlling/coercive behaviour, impact on children and routes to help	- When I grow up - Investigate jobs and careers - My dream job - Dreams and goals of children in other cultures - How we can support each other - Collaboration Financial Education focus – Banks, saving and borrowing: accounts, saving goals and interest; borrowing must be repaid; in-app purchases, scams	- Smoking - Alcohol - Emergency Aid - Body image - My relationship with food - Healthy Me - Dog Trust Contextual safeguarding – Grooming and exploitation: gifts, debt, favours, secrecy, threats and manipulation	- Recognising Me - Online Safety - Being part of the online community - Online gaming - My relationship with technology - screentime Water Safety – RNLI Ariel Trust – Send me a Selfie Contextual safeguarding – Mobile phones and online harm: image sharing, live	- Self and body image - Puberty for girls - Puberty for boys - Conception - Looking ahead – responsibilities and consent NSPCC Ariel Trust – Grassing or Grooming? Contextual safeguarding – 'Grassing' versus keeping people safe: speaking up about grooming/exploitation



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	Fire Brigade – Firework Safety		and protecting financial information		streaming, group chats and reporting Road Safety Workshops	
6	- My Year Ahead - Being a Global Citizen - Our Learning Charter - Owning Our Learning Charter Ariel Trust – Send me a selfie – repeat + build upon Y5 Electrical Safety Year 6 staff mentors Reception Buddies Heights and Weights Health Questionnaire Fire Brigade – Firework Safety	- Am I normal? - Exploring and understanding difference - Power Struggles - Why Bully? - Celebrating difference E-Safety talk - Police Online Bullying – Police Visit Pol Ed resource – Understanding the Law	- Personal Learning Goals - Steps to success - My Dream for the world - Helping to make a difference - Recognising our achievement Financial Education focus – Preparing for greater independence: household budgets, wages and deductions, credit/debt and interest, financial risk, fraud/scams and making informed financial decisions	- Taking Responsibility for health and well-being - Drugs - Exploitation - Gangs - Emotional and mental health - Managing stress and pressure Dog Trust Contextual safeguarding – County lines/criminal exploitation: grooming, money mules, debt and coercion Ariel Trust – Grassing or Grooming?	- What is mental health - My mental health - Love and loss - Power and Control - Being online – real and unreal – safe and unsafe - Using technology responsibly Crucial Crew Event Water Safety – RNLI visit Ariel Trust – A Knock at the Door Ariel Trust – Skills to Resist Radicalisation Contextual safeguarding – Online grooming, sextortion, fake profiles, live streaming and reporting concerns	- My self-image - Puberty - Babies: conception – to birth - Boyfriends and girlfriends - Real self and ideal self - Looking ahead NSPCC Contextual safeguarding – Domestic abuse: power/control, coercive behaviour, impact on children and help-seeking Contextual safeguarding – Speak up and stay safe: reporting worries for yourself or others; never keep unsafe secrets



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					Contextual safeguarding – Mobile phones: privacy, location, digital footprint, group chats and harmful content Road Safety Workshops	
Whole School	- Black history month - Speak out Stay Safe NSPCC assembly Contextual safeguarding – Revisit trusted adults and child-friendly reporting routes in every class	- Anti-Bullying Week - Children In Need	- Safer Internet Day - Human Rights Week – United Nations Declaration of the rights of a child Contextual safeguarding – Safer Internet Day used to revisit current local/online risks, not as a stand-alone offer	- Comic Relief - My Money Week - Responding in an emergency – children's first aid	- Walk to School Week - Healthy Eating Week - Rail Safety - NSPCC PANTS rule Contextual safeguarding – Regular reminders: if something online/offline feels wrong, stop, get away where possible and tell	- Well-Being Week – physical, emotional, mental health - Water safety - Healthy Eating Week - Transition - Aspirations Day - Whole School Fundraiser
Christian Value focus	Friendship	Forgiveness	Hope	Thankfulness	Responsibility	Perseverance
British Value Focus	Mutual Respect Rule of Law	Individual Liberty	Rule of Law Democracy	Tolerance	Democracy Tolerance Mutual Respect	British Values Overview