



St Matthew's Catholic Primary School

PSHE Curriculum Map 2022-23

	Autumn Term	Spring Term	Summer Term
Reception	<p>Being Me</p> <p>Children will learn to understand how it feels to belong and ways we are similar and different. They will learn to recognise and manage their feelings. Children will understand what it means to be responsible and ways to be kind and use gentle hands.</p> <p>Celebrating Difference</p> <p>Children will identify something they are good at and understand everyone is good at different things. They will learn being different makes people special. Children will be encouraged to be a kind friend and know what to do if someone is being unkind.</p>	<p>Dreams and Goals</p> <p>Children will learn if they persevere, they can tackle challenges. They will learn to set a goal and work towards it and say how they feel when they achieve it.</p> <p>Children will know what it means to feel proud and have positive attitudes.</p> <p>Healthy Me</p> <p>Children will learn that exercise is important to keep their body healthy. They will understand how moving and resting are good for their body. Children will recognise why washing hands thoroughly is important, especially before they eat and after they go to the toilet. They will learn what a stranger is and how to stay safe if a stranger approaches them.</p>	<p>Relationships</p> <p>Children will identify some of the jobs they do in their family and how they belong. They will learn how to make friends and how to be a good friend. Children will learn calming strategies to help manage their feelings.</p> <p>Changes</p> <p>Children will explore how they change over time. They will discuss the things they can do now that they couldn't do before they started school. Children will learn how to deal with change and making change happen.</p>
Year 1	<p>Being Me</p> <p>Children will discuss why they have a right to learn in a happy and safe class. They will talk about how everyone in their class has responsibilities to make their class happy and safe.</p> <p>Celebrating Difference</p> <p>Children will learn that being unique and special is important. They will discuss what</p>	<p>Dreams and Goals</p> <p>Children will talk about what helped them succeed in a learning challenge and explain how this made them feel. They will discuss why it is important to store positive feelings to help them</p> <p>Healthy Me</p> <p>Children will talk about many ways their body is amazing and how the different choices they make can affect their body. They will explore</p>	<p>Relationships</p> <p>Children will explore why they have special relationships with people and how these relationships help them feel safe and good about themselves. They will give examples of behaviour in other people that they appreciate and behaviours they don't like.</p> <p>Changes</p>

	bullying is and how being bullied might make somebody feel.	how healthy choices may make them feel happy about themselves.	Children will explain ways of keeping clean, name the main parts of the body and explain that people grow from young to old. They will understand that they belong to various groups and communities, such as family and school, and begin to contribute to the life of the class and school.
Year 2	<p>Being Me</p> <p>Children will explore how behaviour can impact on other people in their class. They will discuss why their choices can be helpful/unhelpful and how they can have positive/negative consequences.</p> <p>Celebrating Difference</p> <p>Children will explore why people get bullied because they are seen to be different. This might include people who do not conform to gender stereotypes.</p> <p>They will talk about how it feels to have a friend and be a friend and why it is ok to be different.</p>	<p>Dreams and Goals</p> <p>Children will explore how they play a part in a group and the parts other people play to create an end product. They will talk about how skills complement each other. Children will discuss how it feels to be part of a group and can identify a range of feelings about group work.</p> <p>Healthy Me</p> <p>Children will learn about why foods and medicines are good for their body comparing their ideas with less healthy/ unsafe choices. They will compare their own choices and express how it feels to make healthy and safe choices.</p>	<p>Relationships</p> <p>Children will discuss why some things might make them feel uncomfortable in a relationship and compare this with relationships that make them feel safe and special. They will give examples of some different problem-solving techniques and explain how they might use them in certain situations in their relationships.</p> <p>Changes</p> <p>Children will recognise, name and deal with their feelings in a positive way. They will talk about making choices and recognising the differences between right and wrong. Children will discuss how their behaviour affects other people and respect people's differences and similarities.</p>
Year 3	<p>Being Me</p> <p>Children will recognise how their behaviour can affect how others feel and behave. They will understand why it is important to have rules and how that helps them and others in class learn. Children will understand why it is important to feel valued.</p> <p>Celebrating Difference</p> <p>Children will describe different conflicts that might happen in family or friendship groups</p>	<p>Dreams and Goals</p> <p>Children will explain the different ways that help them learn and what they need to do to improve. They will be encouraged to be confident and positive when sharing their success with others.</p> <p>Healthy Me</p> <p>Children will identify things, people and places that they need to keep safe from, and can tell you some strategies for keeping themselves</p>	<p>Relationships</p> <p>Children will explain how their life is influenced positively by people they know and by people from other countries. They will discuss why their choices might affect their family, friendships and people around the world who they don't know.</p> <p>Changes</p>

	<p>and how words can be used in hurtful/kind ways when conflicts happen. They will discuss how being involved with a conflict makes them feel and offer strategies to help the situation.</p>	<p>safe and healthy including who to go to for help. They will express how being anxious/scared and unwell feels.</p>	<p>Children will explore a range of jobs, explain how they will develop skills to work in the future, and demonstrate how to look after and save money. They will face new challenges positively by collecting information, looking for help, making responsible choices and taking action.</p>
Year 4	<p>Being Me Children will discuss why being listened to and listening to others is important in their school community. They will explain why being democratic is important and can help them and others feel valued.</p> <p>Celebrating Difference Children will discuss a time when their first impression of someone changed as they got to know them. They will explain why bullying might be difficult to spot and what to do about it if they're not sure. Children will understand why it is good to accept themselves and others for who they are.</p>	<p>Dreams and Goals Children will plan and set new goals even after a disappointment. They will explain what it means to be resilient and have a positive attitude.</p> <p>Healthy Me Children will recognise when people are putting them under pressure and can explain ways to resist this when they want to. They will identify feelings of anxiety and fear associated with peer pressure.</p>	<p>Relationships Children will recognise how people are feeling when they miss a special person or animal. They will give ways that might help them manage their feelings when missing a special person or animal.</p> <p>Changes Children will understand why and how rules are made and enforced, why different rules are needed in different situations and take part in making and changing rules. They will be aware of different types of relationships, including marriage and those between friends and families, and to develop the skills to be effective in relationships.</p>
Year 5	<p>Being Me Children will compare their life with other people in their country and explain why they have rules, rights and responsibilities to try and make the school and the wider community a fair place. They will explain how the actions of one person can affect another and can give examples of this from school and a wider community context.</p> <p>Celebrating Difference Children will explore the differences between direct and indirect types of bullying and can</p>	<p>Dreams and Goals Children will compare their hopes and dreams with those of young people from different cultures. They will reflect on the hopes and dreams of young people from another culture and explain how this makes them feel.</p> <p>Healthy Me Children will explore the different roles that food and substances can play in people's lives. They will learn about how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol</p>	<p>Relationships Children will learn about the different roles food and substances can play in people's lives. They will discuss the potential health risks associated with pressures about body image, unhealthy relationships with food, smoking and alcohol misuse. They will learn to respect and value their body and health, and can consider the part this plays in maintaining their self-confidence.</p> <p>Changes</p>



	<p>offer a range of strategies to help themselves and others if they become involved (directly or indirectly) in a bullying situation. They will recognise why racism and other forms of discrimination are unkind and express how they feel about discriminatory behaviour.</p>	<p>misuse is unhealthy. Children will summarise different ways that they respect and value their body.</p>	<p>Children will recognise common responses to difficult changes and that they are sometimes similar to our responses when experiencing loss. They will understand how they might feel when a change takes them away from familiar people and places. Children will discuss why people might behave the way they do when they are facing a difficult challenge. They will know how change can interfere with our feeling of belonging and can make us feel insecure and unconfident.</p>
Year 6	<p>Being Me</p> <p>Children will explore how their choices can have an impact on people in their immediate community and globally. They will learn to empathise with others in their community and globally and explain how this can influence the choices they make.</p> <p>Celebrating Difference</p> <p>Children will explore ways in which difference can be a source of conflict or a cause for celebration. They will learn how to empathise with people in situations where their difference is a source of conflict or a cause for celebration.</p>	<p>Dreams and Goals</p> <p>Children will explore different ways to work with others to help make the world a better place. They will discuss what motivates them to make the world a better place.</p> <p>Healthy Me</p> <p>Children will recognise when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. They will identify and apply skills to keep themselves emotionally healthy and to manage stress and pressure.</p>	<p>Relationships</p> <p>Children will recognise when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control. They will explore the feelings they might experience if they lose somebody special and when they need to stand up for themselves and their friends in real or online situations.</p> <p>Changes</p> <p>Children will demonstrate respect and tolerance towards others, and resolve differences by looking at alternatives, making decisions and explaining choices. They will discuss how there can be positive outcomes from changes that they didn't welcome initially.</p>