



PSHE Key Themes Mapping



| Year Group | Me & My Relationships | Valuing Difference | Keeping Myself Safe | Rights & Responsibilities | Being my Best | Growing & Changing |
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| Rec | All about me What makes me special Me & special people Who can help me? My feelings | I'm special, you're special Same & different Same & different families Same & different homes I am caring Kind & caring | What's safe? Keeping myself safe Safe indoors/outdoors Listen to my feelings Keeping safe online People who keep me safe | My special people My friends Being helpful Caring for our world Looking after money Saving | Bouncing back Yes I can! Healthy eating Move Your body A good night's sleep | Seasons Life stages - plants, animals Life stages - humans Where do babies come from? Getting bigger Me and my body |
| 1 | Why we have rules Thinking about feelings Our feelings Feelings & bodies Special people balloons Good friends How are you listening? | Same or different? Unkind, tease or bully? Harold's school rules Who are our special people? It's not fair! | Healthy me Super sleep Who can help? Harold loses Geoffrey What could Harold do? Good or bad touches Sharing pictures | Harold's wash & brush Around & about school Taking care of something Harold's money Look after our money Basic first aid | I can eat a rainbow Eat well Catch it, bin it, kill it! Harold rides a bike Pass on the praise! Harold has a bad day | Inside my wonderful body Taking care of a baby Then and now Who can help? Surprises & secrets Keeping privates private |
| 2 | Our ideal classroom How are you feeling today? Bullying or teasing? Don't do that! Types of bullying Being a good friend Let's all be happy! | What makes us who we are? How do we make others feel? My special people When someone feels left out An act of kindness Solve the problem | Harold's picnic How safe would you feel? What should Harold say? I don't like that! Fun or not? Should I tell? Some secrets | Getting on with others When I feel like erupting Feeling safe Look after the environment Save for something special Harold goes camping Playing games | You can do it! My day Harold's postcard Harold's bathroom My body needs What does my body do? | A helping hand Sam moves away Haven't you grown! My body, your body Respecting privacy Basic first aid |
| 3 | As a rule My special pet Tangram team challenge Looking after people Solve this problem Dan's Dare Thanks Friends are special | Family and friends My community Respect and challenge Our friends & neighbours Celebrate our differences Zeb | Safe or unsafe? Danger or risk? The Risk Robot Alcohol & cigarettes Super Searcher None of your business Raisin challenge Help or harm? | Helpful volunteers Help each other stay safe Recount task Harold's environment Can Harold afford it? Earning money | Derek cooks dinner Poorly Harold For or against? I am fantastic! Getting on nerves Body team work Top talents | Relationship tree Body space Secret or surprise? My changing body Basic first aid |
| 4 | An email from Harold! Ok or not ok? | Can you sort it? Islands | Danger, risk or hazard Picture wise | Who helps us stay healthy? It's your right | What makes me ME! Making choices | Moving house Feelings all over the place |

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| | <p>Human machines Different feelings When feelings change Under pressure</p> | <p>Friend or acquaintance? What would I do? People we share our world with Such a stereotype</p> | <p>How dare you! Medicines: check the label Know the norms Keeping ourselves safe Raisin challenge</p> | <p>Make a difference In the news! Safety in numbers Logo quiz Harold's expenses Why pay taxes?</p> | <p>SCARF hotel Harold's Seven Rs My school community Basic first aid</p> | <p>All change! Preparing for periods Secret or surprise together</p> |
| 5 | <p>Collaboration Challenge! Give and take How good a friend are you? Relationship cake recipe Being assertive Our emotional needs Communication</p> | <p>Qualities of friendship Kind conversations Happy being me The land of red people Is it true? It could happen to anyone</p> | <p>'Thinking' about habits Jay's dilemma Spot bullying Ella's diary dilemma Decision Dilemmas Play, like, share Drugs: true or false? Smoking: what's normal? Would you risk it?</p> | <p>What's the story Fact or opinion Rights, responsibilities Mo makes a difference Spending wisely Lend us a fiver! Local councils</p> | <p>Getting fit It all adds up! Different skills School community Independence Star qualities Basic first aid - sepsis</p> | <p>How are they feeling? Taking notice of our feelings Dear Hetty Changing bodies & feelings Growing up & changing bodies It could happen to anyone Help I'm a teenager! Dear Ash Stop, start, stereotypes</p> |
| 6 | <p>Working together Let's negotiate Solve the friendship problem Assertiveness skills Behave yourself Dan's day Don't force me Acting appropriately It's a puzzle</p> | <p>Ok to be different We have more in common Respecting differences Tolerance and respect Advertising friendships Boys will be boys - stereotypes</p> | <p>Think before you click Traffic lights To share or not to share Rat Park What sort of drug is...? Drugs: it's the law! Alcohol: what is normal? Joe's story</p> | <p>Two sides to every story Fakebook friends What's it worth? Jobs and taxes Action stations Project pitch Happy shoppers Democracy in Britain</p> | <p>5 ways to wellbeing This will be your life! Our recommendations What's the risk? Basic first aid</p> | <p>Helpful or unhelpful? I look great Media manipulation Pressure online Is this normal? Dear Ash Making babies What is HIV?</p> |