

PSHE Long Term Whole School Curriculum Map - Includes Spiritual Moral Social and Cultural, SEAL, Health/Nutrition, Economic Well Being, Drug Tobacco & Alcohol Education, SRE & Citizenship Education

Terms	SEAL/PSHE Themes	Year 3	Year 4	Year 5	Year 6
Autumn 1	New Beginnings	Belonging, Self-awareness, Understanding my Feelings, Understanding the feelings of Others	Belonging, Self-awareness, Understanding my Feelings, Understanding the feelings of Others	Belonging, Understanding/Managing my feelings/others' feelings, Social Skills,	Belonging, Understanding/Managing my feelings/others feelings, Social Skills,
	SMSC	How can I contribute to my school? getting to know each other/Class Rules/ School council elections	How can I contribute to my school?/Class Rules/ School council elections	How can I contribute to my school? Class Rules/ School council elections	How can I contribute to my school? Class Rules/ School council elections
Autumn 2	Getting on and Falling out	How can I resolve conflict? (Exploring Skills of Friendship including Making Up)	How can I resolve conflict? (Exploring Skills of Friendship including Making Up)	Friendship, Seeing things from someone else's perspective, working together	Friendship, Seeing things from someone else's perspective - empathy, working together
		Anti-bullying week November:	Anti-bullying week November:	Anti-bullying week November:	Anti-bullying week November:
		Road safety awareness week	Road safety awareness week	Road safety awareness week	Road safety awareness week
Spring 1	Going for Goals	Knowing myself, Setting a realistic goal, planning to reach a goal	Knowing myself, Setting a realistic goal, planning to reach a goal	Knowing Myself, Setting Realistic Goals, Planning to reach a Goal	Knowing Myself, Setting Realistic Goals, Planning to reach a Goal
		Sun safety	Sun safety	Sun safety	Sun safety
Spring 2	Good to be me	Knowing myself, Understanding my feelings, managing my feelings, standing up for myself	Knowing myself, Understanding my feelings, managing my feelings, standing up for myself	Knowing myself, Understanding my feelings, managing my feelings, standing up for myself, making choices	Knowing myself, Understanding my feelings, managing my feelings, standing up for myself, making choices .

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	Economic well being	Money Ways to pay Keeping records Choices about spending and saving Spending and saving priorities Using accounts to keep money safe and to save Lending and borrowing Earning money Role of charities	Money Ways to pay Keeping records Choices about spending and saving Spending and saving priorities Using accounts to keep money safe and to save Lending and borrowing Earning money Role of charities	Money Foreign currency Simple financial records and budgets Influences on spending and saving 'Value for money' Protecting my money Borrowing and saving Links between work and money Wider and global communities	Money Foreign currency Simple financial records and budgets Influences on spending and saving 'Value for money' Protecting my money Borrowing and saving Links between work and money Wider and global communities
	Nutrition	Eating a healthy diet	Food groups and their value	Healthy choices - my diet and exercise	Healthy lifestyle -what do I need to do to achieve this
Summer 1	Relationships	Exploring feelings / understanding my own and the feelings of others	Exploring feelings / understanding my own and the feelings of others	Social skills and making choices, knowing myself and the feelings of others.	Social skills and making choices, knowing myself and the feelings of others
	SRE	Self- esteem, similarities and differences, decision making,	Emotions, change, assertiveness	Relationships, support networks, Puberty and hygiene.	Resolving conflicts , taking risks, stereotyping.

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Summer 2	Changes	Knowing Myself, Understanding my Feelings, Understanding the feelings of Others, Managing change- transition	Knowing Myself, Understanding my Feelings, Understanding the feelings of Others, Managing change - transition	Knowing Myself, Understanding my Feelings, Understanding the feelings of Others Managing change- transition	Knowing Myself, Understanding my Feelings, Understanding the feelings of Others Managing change/ transition
	Drug education	How can I deal with pressure? What are the drugs in everyday life? What are the alternatives to taking medicines?	Smoking - Making informed decisions. What do we already know and understand about drugs?	What are illegal drugs? What type of people take drugs? How do I deal with persuaders?	What are the risks associated with alcohol? What are solvents? What are illegal drugs?