

## PSHE and RSE Curriculum Map for Garden Suburb Infant School

Reception objectives adapted from Development Matters

KS1 objectives taken from the HEP Framework for Primary Schools

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Reception</b>	<ul style="list-style-type: none"> <li>Knowing and following class rules and routines</li> <li>Settle in to class and show acceptable behaviour.</li> <li>Learn about what is right and wrong</li> <li>Begin to engage with peers and Begin to form friendships</li> <li>Select resources and activities with help</li> <li>Begin to recognise when they need help and ask for it</li> <li>Learn how to wash hands and why it is important</li> <li>Learn how to use the school toilets</li> <li>Learn how to navigate themselves around the lunch hall.</li> <li>Learn how to tidy up.</li> </ul>	<ul style="list-style-type: none"> <li>Learn about good and bad choices based on 'Pumpkin Soup'.</li> <li>Develop friendly relationships with adults and peers</li> <li>Develop skills of sharing and turn taking.</li> <li>Learn to adapt behaviour to changes.</li> <li>Learn to moderate their own feelings.</li> <li>Develop a sense of responsibility through carrying out small jobs within the classroom.</li> </ul>	<ul style="list-style-type: none"> <li>Show resilience and perseverance when facing challenges.</li> <li>Express their own opinions and take account of what others are saying.</li> <li>Learn to understand that their actions can affect other people.</li> <li>Continue to develop their understanding of rules and behaviour for team games.</li> </ul>	<ul style="list-style-type: none"> <li>Show resilience and perseverance in the face of challenge.</li> <li>Manage their social behaviour outside school.</li> <li>Show respect for other people's rules and routines</li> <li>Learn the importance of respecting animals and other people (during visit to the zoo).</li> <li>Learn to be safe around animals</li> </ul>	<ul style="list-style-type: none"> <li>Learn to respect the natural environment and living things</li> <li>Learn about the importance of the wider community and environment</li> <li>Talk about their own feeling and opinions</li> <li>Talk and learn about their own abilities and changes to themselves and others.</li> </ul>	<ul style="list-style-type: none"> <li>Learn the importance of being fair and sharing responsibilities</li> <li>Learn the importance of being safe in unfamiliar places</li> <li>Learn about being resilient when facing change and moving on to a different year group.</li> <li>Consolidate their understanding of rules and behaviour for team games</li> <li>Reinforce the importance of friendships</li> </ul>
<b>Year One</b>	<p style="text-align: center;"><b><u>Health and Wellbeing</u></b> <b>Awareness of Feelings</b></p> <ul style="list-style-type: none"> <li>Recognise and name different feelings</li> <li>Know a range of words to describe feelings</li> <li>Know how to tell how people are feeling</li> </ul>	<p style="text-align: center;"><b><u>Health and Wellbeing</u></b> <b>Keeping well and clean</b></p> <ul style="list-style-type: none"> <li>Understand that things people put into their bodies can affect how they feel</li> <li>Understand why hygiene is important and how simple hygiene routines can stop germs from being passed on</li> <li>Know how physical activity and healthy eating helps them to stay healthy</li> <li>Know what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing</li> <li>Know who helps help them to stay healthy (e.g. parent, dentist, doctor)</li> </ul> <p style="text-align: center;"><b>Keeping safe</b></p> <ul style="list-style-type: none"> <li>Know that household products, including medicines, can be harmful if not used properly</li> <li>Know how medicines can help people stay healthy and that some people need to take medicines every day to stay healthy</li> <li>Know some basic rules to keep safe online</li> </ul>	<p style="text-align: center;"><b><u>Relationships</u></b> <b>All about me</b></p> <ul style="list-style-type: none"> <li>Know what they like/dislike and are good at</li> <li>Know what makes them special and that everyone has different strengths</li> <li>Know how their personal features or qualities are unique to them</li> <li>Know how they are similar or different to others, and what they have in common</li> </ul> <p style="text-align: center;"><b>Losing and Finding</b></p> <ul style="list-style-type: none"> <li>Express how they feel when things get lost or change</li> </ul>	<p style="text-align: center;"><b><u>Relationships</u></b> <b>My Friendships</b></p> <ul style="list-style-type: none"> <li>Know what makes a good friend</li> <li>Know about different types of friends, including grown-ups</li> <li>Know simple strategies to resolve conflict between friends</li> <li>Know that hurtful behaviour is not acceptable and how to report bullying (including cyberbullying)</li> <li>Know the difference between secrets and surprises and the importance of not keeping adults' secrets, only surprises</li> <li>Know what 'privacy' means and the importance of respecting others' privacy</li> </ul> <p style="text-align: center;"><b>My Family</b></p> <ul style="list-style-type: none"> <li>Know there are different types of families</li> <li>Know who can help when families make us feel unhappy or unsafe</li> </ul>	<p style="text-align: center;"><b><u>Living in the Wider World</u></b> <b>Being Different</b></p> <ul style="list-style-type: none"> <li>Know more about other people's opinions and views</li> <li>Know about the different groups they belong to (clubs, faith, cultural heritage etc.)</li> </ul> <p style="text-align: center;"><b>Money</b></p> <ul style="list-style-type: none"> <li>Know what money is and where it comes from</li> <li>Know about the cost of everyday items</li> <li>Know that money can be kept in different places, and that some places are safer than others, e.g. a money box or a bank</li> </ul>	<p style="text-align: center;"><b><u>Living in the Wider World</u></b> <b>The Environment</b></p> <ul style="list-style-type: none"> <li>Know some of the things they can do at home and at school to help the environment</li> </ul> <p style="text-align: center;"><b>Looking After Myself</b></p> <ul style="list-style-type: none"> <li>Know more about road safety and who helps us keep safe (understanding the role of emergency services)</li> </ul>

<p><b>Year Two</b></p>	<p><b><u>Health and Wellbeing</u></b> <b>Healthy people</b></p> <ul style="list-style-type: none"> <li>● Know that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest.</li> <li>● Recognise the importance of knowing when to take a break from time online or TV</li> <li>● Know that a healthy person has good physical and mental health and wellbeing</li> </ul> <p><b><u>Relationships</u></b> <b>All about my feelings</b></p> <ul style="list-style-type: none"> <li>● Recognise and describe different feelings in themselves and others</li> <li>● Recognise that our feelings change and that not everyone experiences the same feelings in the same situation</li> <li>● Recognise big feelings and know how to manage them</li> </ul> <p><b><u>Living in the Wider World</u></b></p> <p><b>Global food</b></p> <ul style="list-style-type: none"> <li>● Know where food comes from and be able to talk about some of the ethical questions around food supply</li> </ul>	<p><b><u>Health and Wellbeing</u></b> <b>About my body</b></p> <ul style="list-style-type: none"> <li>● Know about their bodies and how they work</li> <li>● Know about the similarities and differences between males and females</li> <li>● Know about gender stereotypes</li> </ul> <p><b><u>Living in the Wider World</u></b> <b>Money, shopping and saving</b></p> <ul style="list-style-type: none"> <li>● Know about spending money and understanding the importance of waiting for and checking change</li> <li>● Know you have choices about spending and saving money, and that people may make different choices about how to save and spend money</li> </ul>	<p><b><u>Relationships</u></b> <b>Making and breaking friendships</b></p> <ul style="list-style-type: none"> <li>● Understand their feelings when friendships break up, or people move away</li> </ul> <p><b>Coping with conflict</b></p> <ul style="list-style-type: none"> <li>● Know why bullying is wrong and how to get help</li> <li>● Recognise when people are being unkind either to them or others, how to respond, who to tell and what to say</li> <li>● Know the consequences of anti-social and aggressive behaviours such as bullying and discrimination on individuals and communities</li> </ul>	<p><b><u>Health and Wellbeing</u></b> <b>Keeping safe</b></p> <ul style="list-style-type: none"> <li>● Know how rules and restrictions help them to keep safe (e.g. age, basic road, fire, cycle, water safety; in relation to medicines/ household products and online)</li> <li>● Know how to identify risky and potentially unsafe situations (in familiar and unfamiliar environments, including online) and learn what steps they can take to avoid or remove themselves from them</li> <li>● Know that not everything they see online is true or trustworthy and that people can pretend to be someone they are not</li> <li>● Know how to tell a trusted adult if/when they are worried for themselves or others, worried that something is, or feels, unsafe, or if they come across something that scares or concerns them, including how to get help in an emergency; how to dial 999 and what to say</li> <li>● Know how to keep safe in the sun and protect from sun damage</li> </ul>	<p><b><u>Living in the Wider World</u></b></p> <p><b>Special days</b></p> <ul style="list-style-type: none"> <li>● Know about a range of festivals</li> </ul>	<p><b><u>Relationships</u></b> <b>Exploring our families</b></p> <ul style="list-style-type: none"> <li>● Know who looks after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them</li> <li>● Know their special people (family, friends, carers) and what makes them special and how special people should care for one another</li> <li>● Know that babies need care and attention (love) in order to calm them if they are upset</li> </ul> <p><b>Zones of Regulation</b></p> <ul style="list-style-type: none"> <li>● Be able to identify my own feelings and think of ways to stay calm</li> </ul>
<p><b>Online Safety</b></p>	<p>See links with computing curriculum for online safety taught throughout the year.</p>					