

## PSHE at Dame Allan's: Curriculum Map

	Autumn: Relationships			Spring: Health and Wellbeing			Summer: Living in the wider world		
	Families and friendships	Safe relationships	Respecting ourselves and others	Physical health and Mental wellbeing	Growing and changing	Keeping safe	Belonging to a community	Media literacy and digital resilience	Money and work
<b>Yr 1</b>	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
<b>Yr 2</b>	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments ; risk and safety at home; emergencies	Belonging to a group; roles and responsibilities; being the same and different in the community  PoS Refs: L2, L4, L5, L6	The internet in everyday life; online content and information  PoS Refs: L8, L9	What money is; needs and wants; looking after money  PoS Refs: L10, L11, L12, L13, L15
<b>Yr 3</b>	What makes a family; features of family life	Personal boundaries; safely responding to	Recognising respectful behaviour; the importance of self-respect;	Health choices and habits; what affects	Personal strengths and achievement	Risks and hazards; safety in the local	Health choices and habits; what affects	Personal strengths and achievement	Risks and hazards; safety in the local

		others; the impact of hurtful behaviour	courtesy and being polite	feelings; expressing feelings	s; managing and re framing setbacks	environment and unfamiliar places	feelings; expressing feelings	s; managing and re framing setbacks	environment and unfamiliar places
Yr 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality ; recognising risks online	Respecting differences and similarities; discussing difference sensitively	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with pu berty	Medicines and household products; drugs common to everyday life
Yr 5	Managing friend ships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM <i>(Guidance- subject content is taught in KS3 onwards. Review by SLT annually).</i>	Healthy sleep habits; sun safety; medicines, vaccinations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid.
Yr 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	What affects mental health and ways to take care of it; managing change, loss and	Human reproductio n and birth; increasing independenc e; managing transition	Keeping personal information safe; regulations and choices; drug use	What affects mental health and ways to take care of it; managing change, loss and	Human reproductio n and birth; increasing independenc e; managing transition	Keeping personal information safe; regulations and choices; drug use

				bereavement; managing time online		and the law; drug use and the media	bereavement; managing time online		and the law; drug use and the media
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	Health & wellbeing	Health & wellbeing	Relationships	Relationships	Living in the wider world	Living in the wider world
<b>Yr 7</b>	Transition. Personal identity. Healthy lifestyles: eating, sugar and exercise. Risk and peer influence - alcohol (personal safety)  Puberty and Hygiene, FGM	Explain how their brain works and how we learn  Explain why sleep is vital to a healthy brain and lifestyle	Self esteem and digital wellbeing  Gaming and Gambling - Gaming and young people project.	Relating to others in person and online Recognise the differences and similarities between friendship and romantic relationships Intro terms e.g. consent/Toxic relationships  Developing self esteem and DIGITAL resilience. Developing Self Esteem/Respect in relationships	Learning styles. Study skills and teamwork. Work roles and aspirations	Understand and appreciate the various types of careers available in the future
<b>Yr 8</b>	Your teenage self; physical and emotional changes. Your teenage brain, changes in puberty and how to learn effectively, HPV, assess, manage and minimise these risks;	Managing influences & risk. Healthy lifestyles and risk (alcohol, sugar, caffeine, cannabis and vaping) assess, manage and minimise these risks; First Aid and CPR	Diversity, prejudice, discrimination and racism. Protected characteristics.	Relationships: Marriage and civil partnerships. Sex and relationships including sexual orientation, dating and benefits of delaying sexual activity. Pressure to share intimate images and challenging the influence of pornography and unhealthy sexual stereotypes / norms	Business understanding and enterprise skills. Work roles and aspirations. Opportunities in learning and work/ Choices at 14+.	Social, political & consumer Economic understanding - financial risk and rewards, choices, moral issues and ethical challenges.
<b>Yr 9</b>	Personal identity: Self-esteem, confidence and assertiveness. Assess, manage and minimise these risks;  First aid and organ donation	Healthy lifestyles: peer influence, body image and eating disorders. Substance misuse, minimising harm and getting help. Assess, manage and minimise these risks;	Rights and responsibilities - diversity and discrimination, focusing on gender, age, disabilities and homophobia. Protected characteristics. FGM. Challenging prejudice and cruelty online and in person. County Lines drugs.	Sex and relationships; healthy and unhealthy relationships. Positive and negative consequences of sexual activity and seeking help if needed. Consent. Sexual norms in young people's culture, challenging the influence of pornography	Thinking about careers: the personal review and planning process	Citizenship issues/Study and research skills Reflecting on learning skills development in key stages . Careers Project

<b>Yr 10</b>	Personal Identity and risk: Body image and self esteem Healthy lifestyles: Body issues assess, manage and minimise these risks;	Smoking and Vaping Healthy lifestyles – Stress, emotional & mental health and wellbeing assess, manage and minimise these risks;	Assertiveness, communication & negotiation skills Diversity and discrimination – human rights, ethnic, cultural and religious diversity	Exploitation. Sex and Consent in and out of relationships – family planning, separation, divorce and bereavement. Good intimate manners, pressure to send intimate images, difference b/w pornography and real life sex to challenge influence of pornography.	Careers carousel including Morrisby diagnostic tests	Careers carousel including Morrisby diagnostic tests
<b>Yr 11</b>	Personal Identity risks and rewards to health of cosmetic procedures, tattoos and body piercings; assess, manage and minimise these risks;	Skin lightening, tanning and breast / pec/ testicular/ cervical cancer risks. Signs of emotional and mental ill health - support channels	Assess the risks and rewards of in-game gambling and other types of gambling young people are exposed to  Send pics? Pressure to send intimate material and help routes if it becomes public. Intimate good manners / consent.	Explore the specific issues when young men and LGBT people are victims of abuse and control  Drugs testing in social venues  Eating less meat and period product pollution - environmental issues and young people's activism	Careers carousel including work experience and preparing for Post 16	Careers carousel including work experience and preparing for Post 16
<b>Yr 12</b>	HIV Awareness and Sexual Health Driver Safety First Aid	Oddballs testicular cancer awareness Coppafeel Boob and Pec health Mental Health First Aid	Consent, Sexual Harassment and Child on Child abuse.  Managing difficult relationships  LGBT - Just Like Us	Police Visit - Risk taking and young adults  Calculating and managing risk in life - fun freedom and festivals	Borrowing  Employability  Unifrog	Morrisby  Interview skills
<b>Yr 13</b>	Safe Travel	Mental Health First Aid	Understanding consent in different types of sexual encounters  Harassment and stalking	Independent Living  Rights and Responsibilities in UK  Student life	Managing Money  LinkedIn Workshop  Interview Preparation	Taxes  UCAS  Assessment Centres