

PSHE Roadmap

Year 3

Year 3
BB To know how to help others in my school
ME To be proud of who I am
FF To know how to sustain friendships
AB To describe different types of bullying
MC To describe strategies for coping with change

Year 4

Year 4
BB To know what helps me learn new things
ME To know how to manage my emotions
FF To know who can support me
AB To know how to support someone who is being bullied
MC To describe how people change when suffering loss

Year 3

RRR To know what respect is
WT To know how to share my views & opinions
DC To know that people have things in common/are different

Year 4

RRR To know I have rights and responsibilities
WT To know how to persevere and overcome obstacles
DC To know how to care for my environment

Year 5

BB To know how to be build responsible friendships
ME To know how to look after my mental health
FF To know what a healthy relationship is
AB To know about internet bullying
MC To describe positive & negative changes

Year 6

BB to know how I can be resilient
ME To know how to respond to others' feelings
FF To know how to deal with friendship problems
AB To know how to prevent bullying
MC To describe strategies to help me thrive in my next school

Year 5

Year 5

RRR To know how I can make a difference
WT To know how I can set goals and achieve them
DC To understand opinions can be formed & influence my sense of identity

Year 6

RRR To understand how democracy works
WT To know how to share my views and negotiate with others
DC To know how I can be part of the wider community

Year 6

Myself and My Relationships

Beginning and Belonging **BB**

My Emotions **ME** Family and Friends **FF**

Anti-bullying **AB** Managing Change **MC**

Citizenship

Rights, Rules & Responsibilities **RRR**

Working Together **WT**

Diversity & Communities **DC**

Early Years

EYFS

BB To know how to treat other children in my class.
ME To know how to recognise and show my emotions.
FF To know who my family are and how we care for each other.
AB To know what to do if someone is unkind.

EYFS

Identities and Diversity To know how families are different.
Me and My World To know how to look after my school and where I live.

Year 1

Year 1

BB To know how to be safe at school
ME To describe my feelings indifferent situations
FF To know how to be a good friend.
AB To know what bullying is
MC To know things change

Year 2

BB To know who can help me at home and school
ME To know how my feelings affect others
FF To know who is special to me
AB To know what to do if myself or someone else is bullied
MC to know how to manage change e.g. emotions

Year 2

Year 1

RRR To understand the need for rules
WT To know what myself & others are good at
DC To understand people are different

Year 2

RRR To take part in discussions fairly
WT To know how to work in a group
DC To know what 'My Community' means

PSHE Roadmap

Year 3

Year 4

Year 5

Year 6

Year 3

- MSR** To know what to do in an emergency & to call the emergency services.
- DL** To know the difference between "liking" and "trusting" someone online.
- RS** To know when to talk about our bodies, how they change, and who to talk to.
- HL** To know what a balanced diet means.
- PS** To know how to recognise warning signs telling me I don't feel safe.
- DE** To know about medical & legal drugs and what their effects are.

Year 4

- MSR** To know how to stop accidents happening at home and when I'm out.
- DL** To know how things I see/do online affect how I feel & how to get support.
- RS** To know my personal responsibilities for now and how this will change.
- HL** To know what mental wellbeing is.
- PS** To know what to do if I feel worried about a friendship/family relationship.
- DE** To know how friends and the media persuade and influence me.

Year 3

- FC** To know what saving, spending, and budgeting mean to me?

Year 4

- FC** To know how to decide what to spend my money on.

Year 5

- MSR** To know basic first aid.
- DL** To know the media shapes my ideas.
- RS** To know how puberty changes my body.
- HL** To know what influences my lifestyle choices
- PS** To know how appropriate and inappropriate behaviour differ.
- DE** To know how the misuse of drugs affect my body.

Year 6

- MSR** To know how look after my mental wellbeing.
- DL** To know how online content impacts on me/others.
- RS** To know what effect puberty has on my emotions.
- HL** To know how being online affects my health.
- PS** To know strategies to assess risk and to feel safe.
- DE** To know how to recognise peer influence & respond assertively.

Year 5

- FC** To know different ways to gain money.

Year 6

- FC** To know money is used to benefit the community.

Healthy and Safer Lifestyles

Managing Safety & Risk **MSR**

Digital Lifestyles **DL**

Relationships and Sex Education **RS**

Healthy Lifestyles **HL**

Personal Safety **PS**

Drug Education **DE**

Economic Wellbeing

Financial Capability **FC**

Early Years

EYF5

My Body and Growing Up

- To know what my body looks like.
- To know differences and similarities between our bodies.

Keeping Safe

- To know how to tell if something is safe or unsafe
- To know who keeps me safe and how to say 'NO'
- HL** To know why food/drink/exercise/rest are good for us.
- DE** To know why people use medicines.

Year 1

Year 2

Year 1

- MSR** To know what risky situations are and how might I feel.
- DL** To know how to use technology and what to do if I feel unsafe.
- RS** To know the names of the main parts of the body/how have I changed.
- HL** To know how to stay healthy.
- PS** To identify different feelings and tell others how I feel.
- DE** To know how substances enter my body and what they do.

Year 2

- MSR** To know how to prevent simple accidents & how to help if there is one.
- DL** To know rules to use to help keep safe when using technology
- RS** To know how to keep my body clean.
- HL** To know how to eat healthily.
- PS** To know who to talk if I have a worry/need to ask for help.
- DE** To know how to keep safe with medicine/substances at home/school.

Year 1

- FC** Where does money come from and where does it go when we 'use' it?

Year 2

- FC** What is a charity?