

PSHE Curriculum Map 2023-24

At Burnt Oak, we use the Cambridgeshire PSHE Scheme of Work.



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Myself & My Relationships	Myself & My Relationships	Citizenship	Citizenship	Healthy & Safer Lifestyles	Healthy & Safer Lifestyles
	<i>Beginning & Belonging</i>	<i>My Emotions</i>	<i>Rights, Rules & Responsibilities</i>	<i>Working Together</i>	<i>Managing Safety & Risk</i>	<i>Sex & Relationships</i>
Year 3	What is my role in making my school a place where we can learn happily and safely? How can we build relationships in our class and how does this benefit me? What does it feel like to be new or to start something new? How can I help children and adults feel welcome in school? What helps me manage a new situation or learn something new? Who are the different people in	Why is it important to accept and feel proud of who we are? What does the word 'unique' mean and what do I feel proud of about myself? Why is mental wellbeing as important as physical wellbeing? How can I communicate my emotions? Can I recognise some simple ways to manage difficult emotions? What does it mean when someone says I am "over reacting" and how do I show	What does it mean to be treated and to treat others with respect? Who are those in positions of authority within our school and communities and how can we show respect? Why do we need rules at home and at school? What part can I play in making and changing rules? What do we mean by rights and responsibilities? What are my responsibilities at	What am I good at and what are others good at? What new skills would I like or need to develop? How well can I listen to other people? How do I ask open questions? How can I share my views and opinions effectively? How can different people contribute to a group task? How can I persevere and overcome obstacles to my learning? How can I work well in a group?	How do I feel in risky situations and how might my body react? Can I make decisions in risky situations and might my friends affect these decisions? When might I meet adults I don't know & how can I respond safely? What actions could I take in an emergency or accident and how can I call the emergency services? What are the benefits of using the roads and being near water and	How are male and female bodies different and what are the different parts called? When do we talk about our bodies, how they change, and who do we talk to? What can my body do and how is it special?

	my network who I can ask for help?	understanding towards myself and others? How do my actions and feelings affect the way I and others feel? How do I care for other people's feelings? Who can I talk to about the way I feel? How can I disagree without being disagreeable?	home and at school? How do we make democratic decisions in school? What is a representative and how do we elect them?	What is useful evaluation? How do I give constructive feedback and receive it from others?	how can I reduce the risks? How is fire risky and how can I reduce the risks? How do I keep myself safe during activities and visits? How can I stop accidents happening at home and when I'm out?	
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	Myself & My Relationships	Healthy & Safer Lifestyles	Healthy & Safer Lifestyles	Citizenship	Healthy & Safer Lifestyles	Healthy & Safer Lifestyles
	<i>Family & Friends</i>	<i>Sex & Relationships (Personal Hygiene)</i>	<i>Drug Education</i>	<i>Diversity & Communities</i>	<i>Personal Safety</i>	<i>Sex & Relationships</i>
	How do good friends behave on and offline and how do I feel as a result? What is a healthy friendship and how does trust play an essential part? What skills do I need for choosing, making and developing friendships and how effective are they? How can I help to resolve disagreements positively by listening and compromising? Can I empathise with other people in a disagreement?	Why is it important to keep myself clean? What can I do for myself to stay clean and how will this change in the future? How do different illnesses and diseases spread and what can I do to prevent this?	What medical & legal drugs do I know about, and what are their effects? Who uses and misuses legal drugs? Why do some people need medicine and who prescribes it? What are immunisations and have I had any? What are the safety rules for storing medicine and other risky substances? What should I do if I find something risky, like a syringe? What do I understand about how friends and the	What have we got in common and how are we different? How might others' expectations of girls and boys affect people's feelings and choices? How are our families the same and how are they different? Do people who live in my locality have different traditions, cultures and beliefs? How does valuing diversity benefit everyone? Why are stereotypes unfair and how can I challenge them? How do people in my locality benefit	How do I recognise my own feelings and communicate them to others? Which school/classroom rules are about helping people to feel safe? Can I recognise when my Early Warning Signs are telling me I don't feel safe? What qualities do trusted adults and trusted friends have? Who is on my personal network and how can I ask them for help? What could I do if I feel worried about a friendship or family relationship?	What are the main stages of the human life cycle? Science How did I begin? What does it mean to be 'grown up'? What am I responsible for now and how will this change? How do different caring, stable, adult relationships create a secure environment for children to grow up?

	How can I check with my friends that their personal boundaries have not been crossed? How do my family members help each other to feel safe and secure even when things are tough? Who is in my network of special people now and how do we affect and support each other?		media persuade and influence me?	from being part of different groups? What are the roles of people who support others with different needs in my community? How does the media work in my community? How can we care for the local environment and what are the benefits?	What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted?	
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Citizenship	Myself & My Relationships	Myself & My Relationships	Citizenship	Myself & My Relationships	Healthy & Safer Lifestyles
	<i>Rights, Rules & Responsibilities</i>	<i>Beginning & Belonging</i>	<i>My Emotions</i>	<i>Working Together</i>	<i>Managing Change</i>	<i>Sex & Relationships</i>
	What are the conventions of courtesy & manners and how do these vary?	What are my responsibilities for making sure everyone in school feels happy and safe?	How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing?	What are my strengths and skills and how are they seen by others?	What positive and negative changes might people experience?	What are male and female sexual parts called and what are their functions?
	How does my behaviour online affect others & how can I show respect?	How can I take responsibility for building relationships in my school and how does this benefit us all?	What does it mean to have a 'strong sense of identity' & 'self-respect'?	What helps me learn new skills effectively?	How do people's emotions evolve over time as they experience loss and change?	How can I talk about bodies confidently and appropriately?
	Why is it important to keep my personal information private, especially online?	How might different people feel when starting something new and how can I help?	What can I do to boost my self-respect?	What would I like to improve and how can I achieve this?	How can I manage the changing influences and pressures on my friendships and relationships?	What happens to different bodies at puberty? What might influence my view of my body?
	How can I contribute to making and changing rules in school?	How do we make people feel welcome and valued in and out of school?	How do I manage strong emotions?	How could my skills and strengths be used in future employment?	How can I manage the changing influences and pressures on my friendships and relationships?	How can I keep my growing and changing body clean?
	How else can I make a difference in school?	How do we make people feel welcome and valued in and out of school?	How can I judge if my own feelings and behaviours are appropriate & proportionate?	What are some of the jobs that people do?	What different strategies do people use to manage feelings linked to loss and change and how can I help?	How can I reduce the spread of viruses and bacteria?
	Are there places or times when I have	What helps me to be resilient in a range of new situations?	How do I recognise how other people feel and respond to them?	How can I be a good listener to other people?	How might people whose families change feel?	
				How can I share my views effectively and negotiate with		

	to behave differently? What are the basic rights of children and adults? Why do we have laws in our country? How does democracy work in our community and in our country? What do councils, councillors, parliament and MPs do? Can I take part in a debate and listen to other people's views?	Are there more ways I can get help now and how do I seek support?	What is loneliness and how can we manage feelings of isolation? How common is mental ill health and what self-care techniques can I use? What kinds of problems can be caused by impulsive online communication? How and from whom do I get support when things are difficult?	others to reach agreement? How can I persevere and help others to do so? How can I give, receive and act on sensitive and constructive feedback?	When might change lead to positive outcomes for people? What positive and negative changes have I experienced and how have these experiences affected me? What strategies will help me to thrive when I move to my next school?	
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Healthy & Safer Lifestyles	Healthy & Safer Lifestyles	Economic Wellbeing	Myself & My Relationships	Citizenship	Healthy & Safer Lifestyles
	<i>Drug Education</i>	<i>Personal Safety</i>	<i>Financial Capability</i>	<i>Body Image</i>	<i>Diversity & Communities Education</i>	<i>Sex & Relationships</i>
	What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them? How does drug use affect the way a body or brain works? How do medicines help people with different illnesses? What immunisations have I had or may I have in future and how do they keep me healthy? What is drug misuse? What are some of the laws about drugs? When and how should I check	How do I recognise my own feelings and consider how my actions may affect the feelings of others? Can I use my Early Warning Signs to judge how safe I am feeling? How do I judge who is a trusted adult or trusted friend? How can I seek help or advice from someone on my personal network and when should I review my network? How could I report concerns of abuse or neglect? Can I identify appropriate &	What different ways are there to gain money? What sort of things do adults need to pay for? How can I afford the things I want or need? How can I make sure I get 'value for money'? Why don't people get all the money they earn? How is money used to benefit the community or the wider world? What is poverty?	What does attractive mean? What does school do to help children feel good about themselves? What could they do further? Why do certain characteristics contribute to people's view of attractiveness? With regards to appearance, how do people spend their time and money? What influences how we view ourselves? What messages are given on 'makeover' programmes?	How do other people's perceptions, views and stereotypes influence my sense of identity? How do views of gender affect my identity, friendships, behaviour & choices? What are people's different identities, locally and in the UK? How can I show respect to those with different lifestyles, beliefs & traditions? What are the negative effects of stereotyping? Which wider communities &	What are different ways babies are conceived and born? (Sex Education) What effect might puberty have on people's feelings and emotions? How can my words or actions affect how others feel, and what are my responsibilities? What should adults think about before they have children? Why might people get married or become civil partners? What are different families like?

	information about drugs?	inappropriate or unsafe physical contact? How do I judge when it is not right to keep a secret and what action could I take?		How are messages about attractiveness given to boys and girls? What is popularity? What is meant by a positive body image?	groups am I part of & how does this benefit me? What are voluntary organisations and how do they make a difference? What is the role of the media and how does it influence me and my community? Who cares for the wider environment and what is my contribution?	
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