|  |  |  |
| --- | --- | --- |
| Delves Lane Primary School – Delves Lane, Consett, Co Durham, DH8 7ES | **Delves Lane Primary School Curriculum Map** | Delves Lane Primary School – Delves Lane, Consett, Co Durham, DH8 7ES |
| **Subject:** | PHSE/RSHE |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 1** | **Being Me**Feeling special and safeBeing part of a class Rights and responsibilities Rewards and feeling proud Consequences | **Celebrating Difference**Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone  | **Dreams and Goals**Setting goals Identifying successes and achievements Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success | **Relationships**Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships**Ben and Jet workshop (People who help us)****RSPCC workshop****(Pants Rule)** | **Healthy Me**Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness**Fire Service workshop on keeping safe.** | **Changing Me**Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations |
| **Year 2** | **Being Me**Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings | **Celebrating Difference**Assumptions and stereotypes about gender Understanding Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends | **Dreams and Goals**Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success | **Relationships**Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships**Ben and Jet workshop****(Stranger Awareness)****RSPCC workshop****(Pants Rule)** | **Healthy Me**Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food**Visit from community nurse**  | **Changing Me**Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition |
| **Year 3** | **Being Me**Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others’ perspectives**Visit from PSO- Right and Wrong****Following rules****Introduction to Mini-Police** | **Celebrating Difference**Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments | **Dreams and Goals**Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting | **Relationships**Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends**Ben and Jet workshop****(Internet safety)** | **Healthy Me** Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it’s important online and off line scenarios Respect for myself and others Healthy and safe choices**Visit from dental hygienist****Road Safety workshops** | **Changing Me**How babies grow \*Understanding a baby’s needs\* Outside body changes Family stereotypes Challenging my ideas Preparing for transition**Visit from maternity nurse** |
| **Year 4** | **Being Me**Being part of a class Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour | **Celebrating Difference**Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions | **Dreams and Goals**Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes | **Relationships**Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals**PDSA Dogs Trust visit (therapy dogs)** | **Healthy Me**Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength**RNLI visit (water safety)****Cycling Proficiency Level 1** | **Changing Me**Being unique Inside body changes Confidence in change Accepting change Preparing for transition Environmental change |
| **Year 5** | **Being Me**Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating | **Celebrating Difference**Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures **Cyberbullying Workshop delivered by PSO** | **Dreams and Goals**Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation**Ben and Jet workshop (being a police dog handler)****Enterprise Day****(Barclay Bank)** | **Relationships**Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules**Internet safety workshop delivered by PSO** | **Healthy Me**Smoking, including vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour**First Aid Workshop St. John’s Ambulance** | **Changing Me**Self- and body image Influence of online and media on body image Puberty for boys and girlsGrowing responsibility Coping with change Preparing for transition**Puberty Workshop delivered by Community Nurse** |
| **Year 6** | **Being Me**Identifying goals for the year Global citizenship Children’s universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling | **Celebrating Difference**Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy**Cyberbullying Workshop delivered by PSO** | **Dreams and Goals**Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments**Enterprise Day****(Barclay Bank)** | **Relationships**Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Taking responsibility with technology use **Emotional Resilience Workshop with C. Balmer (BIT)** | **Healthy Me**Taking personal responsibility How substances affect the body Exploitation, including ‘county lines’ and gang culture Emotional and mental health Managing stress**Ben and Jet workshop (personal safety)****Cycling Proficiency Level 2****Safety Carousel Workshop (DCC**) | **Changing Me**Self and body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition**Puberty Workshop delivered by Community Nurse****On-line Safety Workshop (including sexting) delivered by PSO.****Residential Trip** **Dukes Wood House** |
| **Enrichment Days** | **Welcome Back Week** | **Anti-Bullying Day** | **Internet Safety Day****Science Week** | **Interfaith and Diversity Day** | **Health and Well-Being Day** | **Moving Up Day** |
| **Extra Areas Covered** | Celebrating British ValuesInternational Day of DemocracyChildren’s rightsElection of School Council | Celebrating Black History MonthShow Racism the Red Card/Wear Red DayRemembrance Day | Celebrating Women’s History MonthSafer Internet Day | Celebrating Gypsy, Roma and Traveller History MonthCelebrating LGBT community World Refugee Day | World Mental Health DayWalk/Bike to School WeekWater Safety Awareness Week | Queen’s Platinum JubileeInternational Day of People with DisabilitiesBirmingham Commonwealth Games 2022 |