|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 safe  Being 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 girls  Growing 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 Values  International Day of Democracy  Children’s rights  Election of School Council | | Celebrating Black History Month  Show Racism the Red Card/Wear Red Day  Remembrance Day | Celebrating Women’s History Month  Safer Internet Day | Celebrating Gypsy, Roma and Traveller History Month  Celebrating LGBT community  World Refugee Day | | World Mental Health Day  Walk/Bike to School Week  Water Safety Awareness Week | Queen’s Platinum Jubilee  International Day of People with Disabilities  Birmingham Commonwealth Games 2022 |