P S H E Cycle B Curriculum Map

School Leavers

Safety, The Changing Body and Transition
E-safety, emergency procedures, puberty

Economic Well Being
Spending choices, budgets, careers

Health and Well Being
Relaxation, dental hygiene, goals, "mental health"

Citizenship
Community groups, rights, charities and diversity

Relationships
Friendship issues, stereotypes, communication

KS2

Economic Well Being
Money, spending choices, career skills

Relationships
Friendship, manners, self respect

Safety and the Changing Body Transition

Health, Well Being
Emotions, Goals, Healthy Habits

Citizenship
Democracy, rules and opinions

KS1

Reception: Show resilience and perseverance in the face of challenge.

Identify and moderate their own feelings socially and emotionally,

Think about the perspectives of others.

Know and talk about the different factors that support their overall health and wellbeing (regular physical activity, healthy eating, toothbrushing, sensible amounts of 'screen time', having a good sleep routine, being a safe pedestrian).

Reception: Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.

Explain the reasons for rules, know right from wrong and try to behave accordingly.

Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.

Set and work towards simple goals.

Give focused attention to what the teacher says, responding appropriately even when engaged in activity.

Work and play cooperatively and take turns with others.

EYFS

Reception: See themselves as a valuable individual.

Build constructive and respectful relationships.

Express their feelings and consider the feelings of others.

Manage their own personal hygiene.

Nursery:

Remember rules without needing an adult to remind them.

Help to find solutions to conflicts and rivalries.

Make healthy choices about food, drink, activity and toothbrushing.

Be increasingly independent as they get dressed and undressed.

Nursery: Develop their sense of responsibility and membership of a community.

Play with one or more other children, extending and elaborating play ideas.

Continue developing positive attitudes about the differences between people.
Understand gradually how others might be feeling.

Nursery: Begin to make sense of their own life-story and family's history.

Show interest in different occupations.

Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.