



Personal, Social, Health and Economic (PSHE) Education Curriculum Map – Autumn Term



Term	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Zones of Regulation & Empowerment	Zones of Regulation & Empowerment	Zones of Regulation & Empowerment	Zones of Regulation & Empowerment	Zones of Regulation & Empowerment	Zones of Regulation & Empowerment
	Respect for All Month	Respect for All Month	Respect for All Month	Respect for All Month	Respect for All Month	Respect for All Month
Autumn 2	Who Is Special To Us?	What Makes A Good Friend?	How Can We Be A Good Friend?	How Do We Treat Each Other With Respect?	How Can Friends Communicate Safely?	How Do Friendships Change As We Grow?

PSHE Curriculum Map – Spring Term

Spring 1	What Helps us Stay Healthy? (Goodness & Mercy)	What Helps us Stay Healthy? (Goodness & Mercy)	How can we Express and Manage our Feelings? (Goodness & Mercy)	How can we Look After our Body? (Goodness & Mercy)	How Can We Manage our Feelings and look after Ourselves? (Goodness & Mercy)	How can we Keep our Bodies Healthy? (Goodness & Mercy)
	Food & Fitness or Inclusion	Food & Fitness or Inclusion	Food & Fitness or Inclusion	Food & Fitness or Inclusion	Food & Fitness or Inclusion	Food & Fitness or Inclusion
Spring 2	What Is The Same And Different About Us?	What Is Bullying?	What Are Families Like?	How Can Our Choices Make A Difference To Others And The Environment?	What Decisions Can People Make With Money?	How Can The Media Influence People?

PSHE Curriculum Map – Summer Term

Summer 1	How do People Show they Care for us? (Goodness & Mercy)	Families, friends, bullying, our bodies (Goodness & Mercy)	Why Should We Eat Well And Look After Our Teeth? (Goodness & Mercy)	What Makes up a Family? (Goodness & Mercy)	Families and Friendships (Goodness & Mercy)	How Can We Keep Healthy As We Grow?
	Health & Safety	Health & Safety	Health & Safety	Health & Safety	Health & Safety	Health & Safety
Summer 2	How Can We Look After Each Other And The World?	How Do We Recognise Our Feelings?	Why Should We Keep Active and Sleep Well?	How Will We Grow And Change?	What Makes Up A Person's Identity?	What Will Change As We Become More Independent?

Key **Yellow:** Zones of Regulation & Empowerment **Green:** Health and Well-Being **Orange:** Relationships **Blue:** Living in the Wider World