



# PSHE Roadmap

OUR SPIRAL CURRICULUM

## Aut01 -Being Me in Our World

### RECEPTION

- Self-identity
- Understanding feelings
- Being in a classroom
- Being gentle
- Rights and responsibilities



### YEAR 1

- Feeling special and safe
- Being part of a class
- Rights and responsibilities
- Rewards and feeling proud
- Consequences
- Owning the Learning Charter



### YEAR 2

- Hopes and fears for the year
- Rights and responsibilities
- Rewards and consequences
- Safe and fair learning environment
- Valuing contributions
- Choices
- Recognising feelings





# PSHE Roadmap

OUR SPIRAL CURRICULUM

## Aut01 -Being Me in Our World

### YEAR 3

- Emotional Literacy
- Setting personal goals
- Self-identity and worth
- Positivity in challenges
- Rules
- Rights and responsibilities
- Rewards and consequences
- Responsible choices
- Seeing things from others' perspectives



### YEAR 4

- Being part of a class team
- Being a school citizen
- Rights, responsibilities and democracy (Wilbury council)
- Rewards and consequences
- Group decision-making
- Having a voice
- What motivates behaviour



### YEAR 5

- Planning the forthcoming year
- Being a citizen
- Rights and responsibilities
- Rewards and consequences
- How behaviour affects groups
- Democracy, having a voice, participating



### YEAR 6

- 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





# PSHE Roadmap

OUR SPIRAL CURRICULUM

## Aut02-Celebrating Differences

### RECEPTION

- Identifying talents
- Being special
- Families
- Where we live
- Making friends
- Standing up for yourself



### YEAR 1

- Similarities and differences
- Understanding bullying and knowing how to deal with it
- Making new friends
- Celebrating the differences in everyone



### YEAR 2

- Assumptions and stereotypes about gender
- Understanding bullying
- Standing up for self and others
- Making new friends
- Gender diversity
- Celebrating difference and remaining friends





# PSHE Roadmap

OUR SPIRAL CURRICULUM

## Aut02-Celebrating Differences

### YEAR 3

- 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



### YEAR 4

- Challenging assumptions
- Judging by appearance
- Accepting self and others
- Understanding influences
- Understanding bullying
- Problem-solving
- Identifying how special and unique everyone is
- First impressions



### YEAR 5

- 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



### YEAR 6

- Perceptions of normality
- Understanding disability
- Power struggles
- Understanding bullying
- Inclusion/exclusion
- Differences as conflict, difference as celebration
- Empathy





# PSHE Roadmap

OUR SPIRAL CURRICULUM

## Spr01 - Dreams and Goals

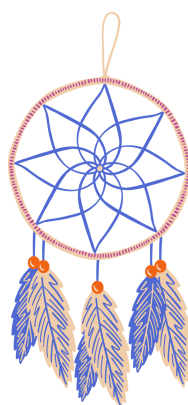
### RECEPTION

- Challenges
- Perseverance
- Goal-setting
- Overcoming obstacles
- Seeking help
- Jobs
- Achieving goals



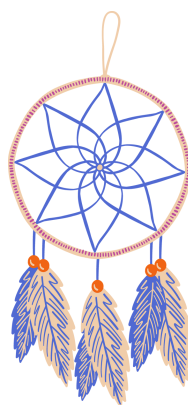
### YEAR 1

- Setting goals
- Identifying successes and achievements
- Learning styles
- Working well and celebrating achievement with a partner
- Tackling new challenges
- Identifying and overcoming obstacles
- Feelings of success



### YEAR 2

- Achieving realistic goals
- Perseverance
- Learning strengths
- Learning with others
- Group co-operation
- Contributing to and sharing success





# PSHE Roadmap

OUR SPIRAL CURRICULUM

## Spr01 - Dreams and Goals

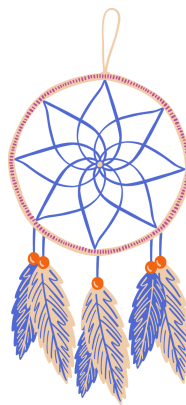
### YEAR 3

- 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



### YEAR 4

- Hopes and dreams
- Overcoming disappointment
- Creating new, realistic dreams
- Achieving goals
- Working in a group  
Celebrating contributions
- Resilience
- Positive attitudes



### YEAR 5

- Future dreams
- The importance of money
- Jobs and careers Dream job and how to get there
- Goals in different cultures
- Supporting others (charity)
- Motivation



### YEAR 6

- Personal learning goals, in and out of school
- Success criteria Emotions in success
- Making a difference in the world
- Motivation
- Recognising achievements  
Compliments





# PSHE Roadmap

OUR SPIRAL CURRICULUM

## Spr02 - Healthy Me

### RECEPTION

- Exercising bodies
- Physical activity
- Healthy food
- Sleep
- Keeping clean
- Safety



### YEAR 1

- Keeping myself healthy
- Healthier lifestyle choices
- Keeping clean
- Being safe
- Medicine safety/safety with household items
- Road safety
- Linking health and happiness



### YEAR 2

- Motivation
- Healthier choices
- Relaxation
- Healthy eating and nutrition
- Healthier snacks and sharing food





# PSHE Roadmap

OUR SPIRAL CURRICULUM

## Spr02 - Healthy Me

### YEAR 3

- 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



### YEAR 4

- Healthier friendships
- Group dynamics
- Smoking
- Alcohol
- Assertiveness
- Peer pressure
- Celebrating inner strength



### YEAR 5

- Smoking, including vaping
- Alcohol
- Alcohol and anti-social behaviour
- Emergency aid
- Body image
- Relationships with food
- Healthy choices
- Motivation and behaviour



### YEAR 6

- Taking personal responsibility
- How substances affect the body
- Exploitation, including 'county lines' and gang culture
- Emotional and mental health
- Managing stress







# PSHE Roadmap

OUR SPIRAL CURRICULUM

## Sum01 - Relationships

### RECEPTION

- Family life
- Friendships
- Breaking friendships
- Falling out
- Dealing with bullying
- Being a good friend



### YEAR 1

- 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



### YEAR 2

- Different types of family
- Physical contact boundaries
- Friendship and conflict
- Secrets
- Trust and appreciation
- Expressing appreciation for special relationships





# PSHE Roadmap

OUR SPIRAL CURRICULUM

## Sum01 - Relationships

### YEAR 3

- 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



### YEAR 4

- Jealousy
- Love and loss
- Memories of loved ones
- Getting on and Falling Out
- Girlfriends and boyfriends
- Showing appreciation to people and animals



### YEAR 5

- 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



### YEAR 6

- Mental health
- Identifying mental health worries and sources of support
- Love and loss
- Managing feelings
- Power and control
- Assertiveness Technology safety
- Take responsibility with technology use





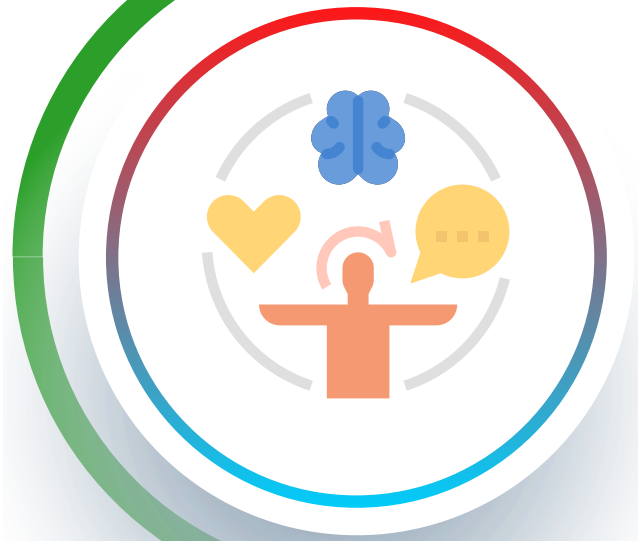
# PSHE Roadmap

OUR SPIRAL CURRICULUM

## Sum02 - Changing Me

### RECEPTION

- Bodies
- Respecting my body
- Growing up
- Growth and change
- Fun and fears
- Celebrations



### YEAR 1

- Life cycles – animal and human
- Changes in me
- Changes since being a baby
- Differences between female and male bodies (correct terminology)
- Linking growing and learning
- Coping with change
- Transition



### YEAR 2

- Life cycles in nature
- Growing from young to old
- Increasing independence
- Differences in female and male bodies (correct terminology)
- Assertiveness
- Preparing for transition





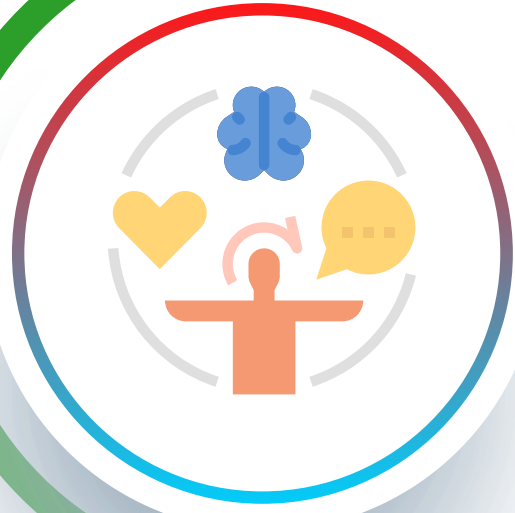
# PSHE Roadmap

OUR SPIRAL CURRICULUM

## Sum02 - Changing Me

### YEAR 3

- How babies grow
- Understanding a baby's needs
- Outside body changes
- Inside body changes
- Family stereotypes
- Challenging my ideas
- Preparing for transition



### YEAR 4

- Being unique
- Having a baby
- Girls and puberty
- Confidence in change
- Accepting change
- Preparing for transition
- Environmental change



### YEAR 5

- Self- and body image
- Influence of online and media on body image
- Puberty for girls
- Puberty for boys
- Conception (including IVF)
- Growing responsibility
- Coping with change
- Preparing for transition



### YEAR 6

- Self-image
- Body image
- Puberty and feelings
- Conception to birth
- Reflections about change
- Physical attraction
- Respect and consent
- Boyfriends/girlfriends
- Sexting
- Transition

