



PSHRE Curriculum Map

Nursery

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PSHRE	Relationships – Me and My Relationships	Rights and Responsibilities	Feelings and emotions	Valuing Differences	Relationships – Listening to others	Keeping Myself Safe	Relationships – Families and Friends	Healthy Lifestyles	Growing and Changing			
	*to be interested in others' play and starting to join in *to form a special relationship with another child *to be able to express own preferences, and interests *can select and use activities and resources with help	*enjoys responsibility of carrying out small tasks *welcomes and values praise *to be able to understand and co-operate with some boundaries and routines *to usually be able to adapt behaviour to different events, social situations and changes to routine *begin to accept the needs of others and can take turns and share resources	*to be able to express their own feelings *to respond to the feelings and wishes of others *begin to show an increasing ability to distract themselves when upset	*to be confident to talk to other children when playing and will communicate freely about home and community *seeks out others to share experiences.	*to keep play going by responding to what others are saying or doing *begins to initiate conversation, attends to and takes account of what others say	*shows understanding of the need for safety when tackling new challenges and manages some risks *understands that equipment and tools have to be used safely	*to be able to initiate play, offering cues, offering cues to peers to join them *demonstrates friendly behaviour, initiating conversations and forming good relationships *to respond to the feelings and wishes of others *to be aware that some actions can hurt or harm others *shows affection and concern for people who are special to them	*observe the effects of activity on their bodies; eats a healthy range of foodstuffs *can tell adults when hungry or tired or when they want to rest or play; can usually manage washing and drying hands *shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene contribute to good health	*talk about why things happen and how things work *develop an understanding of growth and decay and changes over time			
UNCRC links	<i>Articles: 28, 31</i>	<i>Articles: 28, 29</i>	<i>Articles: 12, 13</i>	<i>Articles: 12, 13</i>	<i>Articles: 12, 13, 31</i>	<i>Article: 28</i>	<i>Articles: 12, 13, 31</i>	<i>Article: 24</i>	<i>Articles: 12, 13, 24</i>			

Core Theme **enhancement from other professionals*

Health and Well Being	
Relationships	
Living in the Wider World	



PSHRE Curriculum Map

Reception

2021/22	Autumn 1			Autumn 2			Spring 1		Spring 2		Summer 1		Summer 2					
PATHS	Unit 1: Positive Climate			Unit 2: Basic Feelings I			Unit 3: Basic Feelings II				Unit 4: Self-Control							
	H3/12	R2/4/7	L1/2/8	H2/4/15	R1/2/4/5/6/7	L1/2/8/9	H4/14	R1/2/4/5/8	L8/9	H1/4/14/15	R1/2/4/6/11/12/13							
UNCRC links	Articles: 28, 29			Articles: 12, 13, 16			Articles: 12, 13, 16				Articles: 12, 13, 16							
PSHRE	Relationships – Me and My Relationships	Rights and Responsibilities	Feelings and emotions	Valuing Differences	Relationships – Listening to others	Keeping Myself Safe	Relationships – Families and Friends	Healthy Lifestyles	Growing and Changing									
	*recognise who they believe themselves to be, and begin to form relationships through play and peer relations which contribute to their emotional, social and cognitive development	*contributing to life in the classroom; constructing and following rules *awareness of needs of people and other living things *belonging to communities and groups	*be confident to talk about how they and others show feelings, talk about their own and others' behaviour *communicate freely about home and community *confidence to try new activities *understand and cooperate with some boundaries and routines	*begin to accept the needs of others and can take turns and share resources *accept the needs of others *they show sensitivity to others' needs and feelings	*to listen to other people and work cooperatively (including strategies to resolve conflict through negotiation	*being safe and protected *discovering boundaries *making choices	*understand ways in which they can be a good friend *roles of different people in their lives and the lives of family members	*observe the effects of activity on their bodies *understand that equipment and tools have to be used safely *shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene contribute to good health	*to learn about the process of growing from young to old and how people's needs change *about growing and changing and new opportunities and responsibilities that increasing independence may bring									
UNCRC links	Articles: 7, 28, 31		Articles: 28, 29		Articles: 12, 13		Articles: 12, 13		Articles: 12, 13		Article: 28		Articles: 12, 13, 31		Article: 24		Articles: 12, 13, 24	

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PSHRE Curriculum Map

Year 1

2021/22	Autumn 1			Autumn 2			Spring 1			Spring 2			Summer 1			Summer 2		
PATHS	Unit 5: Sharing, Caring and Friendship			Unit 6: Basic Problem-Solving			Unit 7: Intermediate Feelings			Unit 8: Advanced Feelings I			Unit 8: Advanced Feelings II			Unit 9: Wrap-Up		
	H2	R2/3/4/5/ 6/7/8/12/ 13	L1/2/8/9	H2/3/4/5	R1/2/4/5/ 6/8/12	L1/2	H2/3/4	R1/5/ 11	L8/9	H2/4	R1/2/4/5/ 6		H2/4	R1/2/4/ 5/6		H3/5	R5	L1/9
UNCRC links	<i>Articles: 15, 31</i>			<i>Articles: 12, 13, 16</i>			<i>Articles: 12, 13, 16</i>			<i>Articles: 12, 13, 16</i>			<i>Articles: 12, 13, 16</i>			<i>Article: 28</i>		
PSHRE	What is the same and different about us?			Who is special to us?			What helps us to stay healthy?			What can we do with money?			Who helps us to keep safe?			How can we look after each other and the world?		
	*Ourselves and others *Similarities and differences *Individuality *Our bodies			*Ourselves and others *People who care for us *Groups we belong to *Families			*Being healthy *Hygiene *Medicines *People who help us with health <i>Dentist/ School Nurse</i>			*Money *Making choices *Needs and wants			*Keeping safe *People who help us <i>PCSO/Fire Service/Ambulance Service</i> <i>Road Safety Officer</i>			*Ourselves and others *The world around us *Caring for others *Growing and changing		
UNCRC links	<i>Articles: 2, 3, 8</i>			<i>Articles: 2, 3, 8</i>			<i>Articles: 24, 28</i>			<i>Articles: 24, 28</i>			<i>Articles: 3, 4, 15, 31</i>			<i>Articles: 2, 3, 4, 28, 29</i>		

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PSHRE Curriculum Map

Year 2																		
2021/22	Autumn 1			Autumn 2			Spring 1			Spring 2			Summer 1			Summer 2		
PATHS	Unit 1: Positive Classroom Environment			Unit 3: Feelings and Behaviours			Unit 4: Self-Control and Anger Management II			Unit 5: Feelings and Behaviours			Unit 6: Friendship and Feeling Lonely			Unit 7: Manners and Listening to Others		
	Unit 2: Introduction to Feelings			Unit 4: Self-Control and Anger Management I												Unit 8: Feelings/Emotions/Behaviours		
	H2/3/4/12/14/15	R1/2/4/5/6/8	L1/2/3/8	H2/3/4/12/14/15	R1/2/4/5/6/8/12/13/14	L1/2/3	H1/4/15	R1/2/4/5/6/12/13/14	L1/2/3	H3/4/12/15	R1/3/4/5/6/12/13/14	L1/2/3	H2/4/5/9/15	R1/2/3/4/5/6/8/12/13/14	L1/3	H2/3/4	R1/3/4/5/6/7/8/11/12/13/14	L1/2/3/8
UNCRC links	Articles: 12, 13, 16			Articles: 12, 13, 16			Articles: 12, 13, 16			Articles: 12, 13, 16			Articles: 12, 13, 15, 16			Articles: 12, 13, 15, 16		
PSHRE	What makes a good friend?			What is bullying?			What jobs do people do?			What helps us to stay safe?			What can help us grow and stay healthy?			How do we recognise our feelings?		
	*Friendship *Feeling lonely *Managing arguments			*Behaviour *Bullying *Words and actions *Respect for others			*People and jobs *Money *Role of the internet <i>Parents</i>			*Keeping safe *Recognising risk *Rules <i>Fire Service/ Road Safety Officer</i>			*Being healthy: eating, drinking, playing and sleeping <i>Dentist/ School Nurse</i>			*Feelings *Mood *Times of change *Loss and bereavement *Growing up		
UNCRC links	Articles: 2, 3, 4			Articles: 2, 3, 4, 28			Articles: 16, 17, 28			Articles: 16, 28			Articles: 15, 24, 28, 31			Articles: 24, 28, 29		

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PSHRE Curriculum Map

Year 3

2021/22	Autumn 1			Autumn 2			Spring 1			Spring 2			Summer 1			Summer 2		
PATHS	Unit 1: Establishing a Positive Classroom Environment and Enhancing Self-Esteem			Unit 3: Improving Self-Control, Self-Awareness and Anger Management			Unit 5: Getting Along with Others 1 – Friendship <i>Articles: 9, 12, 13, 15, 16, 17, 18, 19</i>			Unit 6: Feelings in Relationships 1			Unit 8: Feelings and Expectations			Unit 10: Feelings in Relationships 2		
	Unit 2: Basic Emotions			Unit 4: Using Our Thinking Skills						Unit 7: Getting Along with Others 2			Unit 9: Feelings About School			Unit 11: Endings and Transitions		
	H1/5/6/9	R1/9/101 4/15/ 18/21	L2/6/7/9	H1/2/7/ 9/13	R2/7/11 /12	L1/6/7/8	H1/7/ 11	R1/2/7 /10/11 /12/14 /15/18	L1/2/6/ 7/8/9	H5/6/ 11	R1/2/7/ 9/12/14 /15/18/ 21	L2/7/8	H5/6/1 3	R2/7/ 14/15/ 18	L7/8	H2/5/6/7 /8 /11/13	R7/9/12/ 14/15/ 18	L1/2/7/8
UNCRC links	<i>Articles: 12, 13, 15, 16</i>			<i>Articles: 12, 13, 15, 16</i>						<i>Articles: 9, 12, 13, 15, 16, 17, 18, 19</i>			<i>Articles: 9, 12, 13, 15, 16, 17, 18, 19</i>			<i>Articles: 5, 9, 12, 13, 15, 16, 17, 18, 19</i>		
PSHRE	How can we be a good friend?			What keeps us safe?			What are families like?			What makes a community?			Why should we eat well and look after our teeth?			Why should we keep active and sleep well?		
	*Friendship *Making positive friendships *Managing loneliness *Dealing with arguments			*Keeping safe *At home and school *Our bodies *Hygiene *Medicines and household products <i>British Red Cross</i>			*Families *Family life *Caring for each other			*Community *Belonging to groups *Similarities and differences *Respect for others			*Being healthy *Eating well *Dental care <i>Dentist/ School Nurse</i>			*Being healthy *Keeping active *Taking rest		
UNCRC links	<i>Articles: 2, 3, 4</i>			<i>Articles: 16, 24, 28</i>			<i>Articles: 2, 3, 4, 7, 8</i>			<i>Articles: 14, 15, 28, 29, 31</i>			<i>Articles: 24, 28</i>			<i>Articles: 15, 24, 28, 31</i>		

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Health and Well Being

Relationships

Living in the Wider World



PSHRE Curriculum Map

Year 4

2021/22	Autumn 1			Autumn 2			Spring 1			Spring 2			Summer 1			Summer 2		
PATHS	Unit 1: Getting started			Unit 2: Feelings and Relationships			Unit 3: Making Good Decisions			Unit 4: Being Responsible and Caring for Others			Unit 5: Problem-Solving I			Unit 5: Problem-Solving II		
	H1/5	R2/7/ 10/11/12	L2/6	H1/5/6/ 7/9/10/11	R1/2/7/ 9/11/12/ 14/15/ 18/21	L2/6/8/1 2	H2/9/1 0/11/1 3/14	R10/14 /14/15 /18		H11/13/ 14	R11	L1/6/9/1 2	H5/6	R1/2/7/ 10/11/1 2/21	L1/6/8 /12		R14/15/1 8	
UNCRC links	<i>Articles: 12, 13, 15, 16</i>			<i>Articles: 12, 13, 15, 16</i>			<i>Articles: 9, 12, 13, 15, 16, 17, 18, 19</i>			<i>Articles: 9, 12, 13, 15, 16, 17, 18, 19, 22</i>			<i>Articles: 9, 12, 13, 15, 16, 17, 18, 19</i>			<i>Articles: 9, 12, 13, 15, 16, 17, 18, 19</i>		
PSHRE	What strengths, skills and interests do I have?			How do we treat each other with respect?			How can we manage our feelings?			How will we grow and change?			How can our choices make a difference to others and the environment?			How can we manage risk in different places?		
	<ul style="list-style-type: none"> *Self-esteem *Self-worth *Personal qualities *Goal setting *Managing set backs 			<ul style="list-style-type: none"> *Respect for self and others *Courteous behaviour *Safety *Human rights 			<ul style="list-style-type: none"> *Feelings and emotions *Expression of feelings *Behaviour 			<ul style="list-style-type: none"> *Growing and changing *Puberty <p style="text-align: center; color: red;"><i>School Nurse</i></p>			<ul style="list-style-type: none"> *Caring for others, the environment, people and animals *Shared responsibility *Making choices and decisions 			<ul style="list-style-type: none"> *Keeping safe *Out and about *Recognising and managing risk <p style="text-align: center; color: red;"><i>PCSO/Fire Service</i></p>		
UNCRC links	<i>Articles: 2, 3, 4, 15, 29, 31</i>			<i>Articles: 1-4</i>			<i>Articles: 2, 3, 4, 29</i>			<i>Articles: 24, 28</i>			<i>Articles: 2, 3, 4, 29</i>			<i>Articles: 2, 3, 4, 29</i>		

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Relationships

Living in the Wider World



PSHRE Curriculum Map

Year 5

2021/22	Autumn 1		Autumn 2			Spring 1			Spring 2			Summer 1			Summer 2		
PATHS	Unit 1: Getting Started		Unit 2: Problem Solving			Unit 3: Goals and Identity			Unit 4: Making and Keeping Friends			Unit 5: Being Responsible and caring for Others I			Unit 5: Being Responsible and caring for Others II		
	H1/5/6/7 /11	R1/2/7/9 /10/11/1 2/21	L1/4/7	H2/5/7/ 9/11/13	R7/10/1 1/12/14 /15/18	L1	H5	R11	L1/7	H1/5/6/ 7	R1/2/7/ 12/14/1 5/18/21	L4/7	H5/8	R2/7/10 /11/12/ 14/15/ 18/21	L1/7/9 /12		
UNCRC links	<i>Articles: 12, 13, 15, 16</i>		<i>Articles: 12, 13, 15, 16</i>			<i>Articles: 1, 2, 3, 4, 5, 6, 7, 8, 9, 12, 13</i>			<i>Articles: 12, 13, 15</i>			<i>Articles: 9, 12, 13, 15, 16, 17, 18, 19, 22</i>			<i>Articles: 9, 12, 13, 15, 16, 17, 18, 19, 22</i>		
PSHRE	What makes up our identity?		What decisions can people make with money?			How can we help in an accident or emergency?			How can friends communicate safely?			How can drugs common to everyday life affect health?			What jobs would we like?		
	<ul style="list-style-type: none"> *Identity *Personal attributes and qualities Similarities and differences *Individuality *Stereotypes 		<ul style="list-style-type: none"> *Money *Making decisions *Spending and saving 			<ul style="list-style-type: none"> *Basic first aid *Accidents *Dealing with emergencies 			<ul style="list-style-type: none"> *Friendships *Relationships *Becoming independent *Online safety 			<ul style="list-style-type: none"> *Drugs *Alcohol and tobacco *Healthy habits <p style="text-align: center; color: red;"><i>St Helens Wellbeing Team</i></p>			<ul style="list-style-type: none"> *Careers *Aspirations *Role models *The future <p style="text-align: center; color: red;"><i>St Helens Chambers</i></p>		
UNCRC links	<i>Articles: 2, 3, 4, 7, 8, 14, 29</i>		<i>Articles: 12, 13, 28</i>			<i>Articles: 24, 28</i>			<i>Articles: 2, 3, 4, 16, 17</i>			<i>Articles: 15, 24, 33, 31</i>			<i>Articles: 28, 29</i>		

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Relationships	
Living in the Wider World	



PSHRE Curriculum Map

Year 6

2021/22	Autumn 1		Autumn 2			Spring 1			Spring 2			Summer 1		Summer 2			
PATHS	Unit 1: Getting Back Into PATHS		Unit 2: Organisational Skills			Unit 3: Conflict Resolution			Unit 4A: Number the Stars			Unit 4B: Respect		Unit 5: Endings and Transitioning			
	H1/2/5/ 11/13	R1/2/7/ 10/ 12/ 14/ 15/ 18/ 21	H1/5/8	R2/7/ 10	L12	H7/ 11	R2/7/1 0/ 12/14/ 15/18	L2/3	H6/7/ 11	R7/10/1 4/15/18	L1/6/7/9 12		R7/10/ 14/15/1 8	L1/7/9 /12	H8		
UNCRC links	<i>Articles: 12, 13, 15, 16</i>		<i>Articles: 12, 13, 15, 16, 28, 31</i>			<i>Articles: 12, 13, 15, 16</i>			<i>Articles: 12, 13, 15, 16</i>			<i>Articles: 9, 12, 13, 15, 16, 17, 18, 19, 22, 37, 39</i>		<i>Articles: 5, 6, 12, 13, 15, 16</i>			
PSHRE	How can we keep healthy as we grow?					How can the media influence people?					What will change as we become more independent?						
	<ul style="list-style-type: none"> *Looking after ourselves *Growing up *Becoming independent *Taking more responsibility <p style="text-align: center; color: red;"><i>Drug and Alcohol Team</i></p>					<ul style="list-style-type: none"> *Media literacy and digital resilience *Influences and decision-making *Online safety 					<ul style="list-style-type: none"> *Different relationships *Changing and growing Adulthood Independence *Moving to secondary school <p style="text-align: center; color: red;"><i>Secondary school staff</i></p>						
UNCRC links	<i>Articles: 2, 3, 4, 12, 13, 29, 34</i>					<i>Articles: 12, 13, 16, 17</i>					<i>Articles: 2, 3, 4, 15, 29, 31, 34</i>						

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Health and Well Being	
Relationships	
Living in the Wider World	



PSHRE Curriculum Map

2021/22	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FOCUS WEEKS	British Values	Diversity	E-Safety week	Money/Career and Aspirations week	Global week	Health and Wellbeing week
	*Student Councils elections *UNCRC class charters	Anti-Bullying week <i>(Care and Share resources, Barnados)</i>	Children's Mental Health week			Arts week
UNCRC links	<i>Articles: 1-4, 12, 13</i>	<i>Articles: 1-4, 12, 13, 14, 23, 28, 30, 31</i>	<i>Articles: 1-4, 12, 13, 16, 17, 24, 36</i>	<i>Articles: 1-4, 12, 13, 26, 28, 29, 31</i>	<i>Articles: 1-4, 7, 12, 13, 14, 30, 31</i>	<i>Articles: 1-4, 12, 13, 14, 23, 28, 30, 31</i>

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Health and Well Being	
Relationships	
Living in the Wider World	