

PSHE Curriculum Map

Year	Autumn		Spring		Summer	
Nur	Being Me in My World: Self-identity, feelings, rights and responsibilities.	Celebrating Differences: Talents, being unique, special families, making friends	Dreams and Goals: Challenges, perseverance, goal setting, achieving	Healthy Me: Physical activity, healthy food, sleep, keeping clean, safety	Relationships: Family and friends	Changing Me: Growth and change, fun and fears, celebrations
Rec	Self-regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
1	Families and Friendships	Health and Wellbeing	Safety and Changing Body	Citizenship	Being Healthy	Relationships RSE
2	Families and Friendships	Health and Wellbeing	Safety and Changing Body	Citizenship	Economic Wellbeing	Transition RSE
3	Families and Friendships	Health and Wellbeing	Safety and Changing Body	Citizenship	Economic Wellbeing	Transition RSE
4	Families and Relationships	Health and Wellbeing	Safety and Changing Body	Citizenship	Economic Wellbeing	Transition RSE
5	Families and Relationships	Health and Wellbeing	Safety and Changing Body	Citizenship	Economic Wellbeing	Transition RSE
6	Family and Relationships	Health and Wellbeing	Safety and Changing Body	Citizenship	Economic Wellbeing	Identity Transition