

## Westcott Church of England School

### PSHE Curriculum Mapping Cycle A (2023-2024) & B (2024-2025)

Statutory Programme of study for Key Stage 1 and 2 : [PSHE Association Programme of Study for PSHE Education \(Key stages 1–5\), Jan 2020.pdf \(hubspotusercontent00.net\)](#)

#### EYFS Nursery and Reception

Personal, Social and Emotional Development

ELG: Self-Regulation Children at the expected level of development will:

- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;
- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

ELG: Managing Self Children at the expected level of development will:

- 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;
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

ELG: Building Relationships Children at the expected level of development will:

- Work and play cooperatively and take turns with others;
- Form positive attachments to adults and friendships with peers;
- Show sensitivity to their own and to others' needs.

PSHE Key Stage 1 Years 1 & 2						
	Term 1	Term 2	Term 3	Term 4	Term 5 /6	July
Topic Cycle A 2023-2024	Unique you and me!	Fire! Fire!	Towers, Tunnels and Turrets!	There's no place like home!	The Secret Scented Garden! (Assessments)	Pupil initiated:
Unit name	Family & Relationships (A)	Citizenship (A)	Economic wellbeing (A)	Safety & the changing body (A)	Health & Wellbeing (A)	Transition RSE week Christopher Winters Project
Key Knowledge & Skills	To know how families can be different, the characteristics and impact of positive friendships. To know that issues can be overcome, people	To know the rules in school. To know that people are all different. To know some of the different places where rules apply.	To know that coins and notes have different values. To know some of the ways children may receive money.	To know how to communicate safely with adults. To know who keeps us safe in our community; To know how to cross the road safely.	To know and understand emotions, identifying our strengths and qualities. To know why we wash our hands and how to do so effectively, To	An end of year transition lesson where Year 1 consider the skills they have developed throughout the year whilst Year 2 ask questions to help them

	<p>show feelings differently and that stereotyping is unfair.</p> <p>To know about the conventions of manners and developing an understanding of self-respect.</p>	<p>To understand that everyone has similarities and differences.</p> <p>To know that some rules are made to be followed by everyone and are known as 'laws'.</p> <p>To know some of the jobs people do to look after the environment in school and the local community.</p>	<p>To know that it is wrong to steal money.</p> <p>To know that banks are places where we can store our money.</p> <p>To know some jobs in school.</p> <p>To know that different jobs need different skills.</p> <p>To know the difference between a 'want' and 'need'</p> <p>To know some of the ways in which adults get money.</p> <p>To know some of the features to look at when selecting a bank account.</p>	<p>To know which substances should or should not go in the body.</p> <p>To know how and when to call 999.</p> <p>To know the difference between secrets and surprises.</p> <p>To know about appropriate and inappropriate contact.</p>	<p>know about the importance of sleep and relaxation for our wellbeing,</p> <p>To know how to stay safe in the sun and deal with allergic reactions, thinking about the people who help to keep us healthy.</p>	<p>deal with the change ahead.</p> <p>RSE week</p>
<b>Topic Cycle B 2024-2025</b>	<b>Marvelous Transport!</b>	<b>Terrific Toys! (Then and now)</b>	<b>Going on a Safari!</b>	<b>To the Moon and the Stars!</b>	<b>Oh, we do like to be beside the seaside! (Assessments)</b>	<b>Pupil initiated:</b>
Unit name	Safety & the changing body (B)	Citizenship (B)	Family & relationships (B)	Economic Wellbeing (B)	Health & Wellbeing (B)	<p>Transition</p> <p>1 lesson</p> <p>RSE week</p> <p>Christopher Winters Project</p>
Key Knowledge & Skills	<p>To know how to respond to adults politely and safely.</p> <p>To know how to keep safe on and near roads.</p> <p>To know about hazards in the home and how these can be avoided.</p> <p>To know what is safe to go on or in the body and why some things should never go in the body.</p> <p>To know what to do if we get lost.</p>	<p>To know the rules in school.</p> <p>To understand that people are all different.</p> <p>To know some of the different places where rules apply.</p> <p>To understand that everyone has similarities and differences.</p> <p>To know that some rules are made to be followed by everyone and are known as 'laws'.</p>	<p>To know how to create a successful learning environment – setting ground rules.</p> <p>To know that different people can be in a family and that families look after us.</p> <p>To know the characteristics and importance of good positive friendships.</p> <p>To know how other people show their feelings and that people</p>	<p>To know that coins and notes have different values.</p> <p>To know some of the ways children may receive money.</p> <p>To know that it is wrong to steal money.</p> <p>To know that banks are places where we can store our money.</p> <p>To know some jobs in school.</p>	<p>To know how to develop and use simple strategies for managing feelings.</p> <p>To know their strengths and set themselves achievable goals.</p> <p>To know some strategies to use to overcome barriers or manage difficult emotions.</p> <p>To develop a growth mindset.</p>	<p>To learn that change can cause mixed feelings.</p> <p>RSE week</p>

	<p>The know the importance of not sharing personal information online.</p> <p>To know what to do if you see something online that makes you feel upset or uncomfortable.</p> <p>To know the difference between acceptable and unacceptable physical contact.</p> <p>To know about personal boundaries and how to show respect for the personal boundaries of others.</p>	<p>To know that different pets have different needs.</p> <p>To understand the needs of younger children and that these change over time.</p> <p>To know that voting is a fair way to make a decision.</p> <p>To understand how democracy works in school through the school council.</p>	<p>can feel differently to them.</p> <p>To know that friendships can have problems but that these can be overcome.</p> <p>To begin to know what is meant by a stereotype and how unhelpful and unfair it is to stereotype people.</p> <p>To know about change and loss and how this can affect us.</p>	<p>To know that different jobs need different skills.</p> <p>To know the difference between a 'want' and 'need'</p> <p>To know some of the ways in which adults get money.</p> <p>To know some of the features to look at when selecting a bank account.</p>	<p>To know about the benefits of physical activity.</p> <p>To know some breathing exercises to relax.</p> <p>To know what it means to have a healthy diet.</p> <p>To know ways of looking after our teeth.</p>	
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PSHE Lower Key Stage 2 Years 3 & 4						
	Term 1	Term 2	Term 3	Term 4	Term 5 /6	July
Topic Cycle A 2023-2024	Savage Stone to Brilliant Bronze	Light of the World	What an incredible earth!	A clang and a bang! Music to my ears!	Pharaohs and Pyramids of the Nile (Assessments)	Pupil initiated:
Unit name	Families and relationships (A)	Economic wellbeing (A)	Citizenship (A)	Health & Wellbeing (A)	Safety & the changing body (A)	
Key Knowledge & Skills	<p>To know how to deal with friendship issues.</p> <p>To know how to identify bullying and begin to the impact of bullying.</p> <p>To know that friendships can have problems but that these can be resolved.</p> <p>To know that stereotypes are present in everyday life.</p> <p>To know that children's books can reinforce gender stereotypes.</p>	<p>To know that budgeting money is important.</p> <p>To understand that there are a range of jobs available.</p> <p>To know that money can be lost in a variety of ways.</p> <p>To understand the importance of tracking money.</p> <p>Exploring ways to overcome stereotypes in the workplace.</p>	<p>To understand how recycling can have a positive impact on the environment.</p> <p>To know that the local council is responsible for looking after the local area.</p> <p>To know that elections are held where adults can vote for local councillors.</p> <p>To know that reusing items is of benefit to the environment.</p>	<p>To know how to plan for a healthy lifestyle including physical activity, rest and diet.</p> <p>To know the benefits of healthy eating and dental health.</p> <p>I know why relaxation is good for our bodies</p> <p>To begin to know the different aspects of my identity.</p> <p>To know my own strengths and begin to see</p>	<p>To know that it is important to maintain the safety of myself and others, before giving first aid.</p> <p>To understand that other people can influence our choices.</p> <p>To understand the physical changes to both male and female bodies as people grow from children to adults.</p> <p>To understand that there are risks to sharing things online.</p> <p>To know the difference between private and public.</p> <p>To understand that cyberbullying is bullying that takes place online.</p>	

	<p>To begin to know the physical and emotional boundaries in friendships. To know who to trust and why. To begin to know the differences between people and why it is important to respect these differences. To know how to support someone who has suffered a bereavement.</p>	<p>To understand that there are different ways to pay for things. To understand that some stereotypes can exist around jobs but these should not affect people's choices.</p>	<p>To understand that councillors have to balance looking after local residents and the needs of the council. To understand some of the consequences of breaking rules. To understand the UN Convention on the Rights of the Child.</p>	<p>how they can affect others. To know that mental wellbeing is a normal part of daily life, in the same way as physical health. To develop a growth mindset and understand that mistakes are useful. To know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). To know what is important to me and to take responsibility for my own happiness.</p>	<p>To know that bites or stings can sometimes cause an allergic reaction. Developing skills as a responsible digital citizen. To consider targets for the following year and know about opportunities and responsibilities that they may face in the future.</p>	
<b>Topic Cycle B 2024-2025</b>	<b>Making my body work for me</b>	<b>The Frozen Kingdom</b>	<b>Rampaging Romans</b>	<b>Where will we find them?</b>	<b>Gods and Heroes (Assessments)</b>	<b>Pupil initiated:</b>
Unit name	Families and relationships (B)	Economic Wellbeing (B)	Health & Wellbeing (B)	Citizenship (B)	Safety & the changing body (B)	
Key Knowledge & Skills	<p>To know that friendships may have problems but that these can be resolved. Begin to know about the impact of bullying on others. To know that families love and support each other but sometimes problems can occur, and help is available if needed. To know that stereotypes are present in everyday life and can relate to gender, age and disability. To know how my own behaviour can have an impact on others. To know why it is important to have good manners.</p>	<p>To know that budgeting money is important. To understand that there are a range of jobs available. To know that money can be lost in a variety of ways. To understand the importance of tracking money. To know that many people will have more than one job or career in their lifetimes. Exploring ways to overcome stereotypes in the workplace.</p>	<p>To know how to plan for a healthy lifestyle including physical activity, rest and diet. To know how we can look after our teeth. To know what relaxation feels like To know that relaxation techniques can be used anywhere. To identify my own strengths and begin to see how they can affect others To know the importance of self-respect and how this links to their own happiness</p>	<p>To understand how recycling can have a positive impact on the environment. To know that the local council is responsible for looking after the local area. To know that elections are held where adults can vote for local councillors. To know that reusing items is of benefit to the environment. To understand that councillors have to balance looking after local residents and the needs of the council.</p>	<p>To know that it is important to maintain the safety of myself and others, before giving first aid. To understand that other people can influence our choices. To understand the physical changes to both male and female bodies as people grow from children to adults. To develop skills as a responsible digital citizen. To know that age restrictions are designed to protect us. To know the signs that an email might be fake. To know and understand the risks associated with smoking tobacco. To know that asthma is a condition that causes the airways to narrow. To know how to help someone with asthma.</p>	

	To begin to understand the differences between people and why it is important to respect these differences. To know that families may be varied in this country and across the world.	To understand that there are different ways to pay for things. To understand that some stereotypes can exist around jobs but these should not affect people's choices.	To know how to break down barriers into smaller, achievable goals To understand a range of emotions The know the importance of respecting others, even when they are very different from them or make different choices or have different preferences or beliefs. To begin to know what mental health is and who can help if they need it.	To understand the role of charities in the community. To know that there are a number of groups that make up the local community. To know the value of diversity in a community. To understand the UN Convention on the Rights of the Child.	To know how to create goals to achieve in next year. To know and understand the strategies people use to cope with change.
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PSHE Upper Key Stage 2 Years 5 & 6

	Term 1	Term 2	Term 3	Term 4	Term 5 /6	July
Topic Cycle A 2023-2024	It's time for a Disaster!	Victorian Children and Christmas	Animal, Vegetable or Mineral?	To be or not to be?	We have the Power to change! (Assessments)	Pupil initiated:
Unit name	Families and relationships (A)	Economic wellbeing (A)	Health & Wellbeing (A)	Citizenship (A)	Safety & the changing body (A) RSE Week Identity/body image (Yr 6 only) Transition	
Key Knowledge & Skills	To know how what makes a good friend and why friends are important. To know how to form and maintain positive relationships. To know what we mean by respect and why it is important. To begin to understand self-respect and how this affects happiness and decision making. To know about the concept of marriage and know about different	To understand that different jobs have different routes into them. To understand that people change jobs for a number of reasons. To know that when money is borrowed it needs to be paid back, usually with interest. To know how to track money through income and expenditure.	To know about the importance of relaxation. To know about the importance of rest and sleep. To begin to take responsibility to ensure they get a good nights sleep. To begin to know that failure is a normal part of life and not to give up if things don't go to plan. To know how to set long term and short term goals.	To know that parliament is made up of the House of Commons, the House of Lords and the Monarch. To know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work. To know that education is an important human right. To know that the prime minister appoints 'ministers' who have responsibility for different	To understand the process of the menstrual cycle. To know the names of the external sexual parts of the body and the internal reproductive organs. To know that puberty happens at different ages for different people. To know the steps to take before sending a message online (using the THINK mnemonic). To know some of the possible risks online. To know some strategies I can use to overcome pressure from others and make my own decisions.	

	types of marriage in England. To know more about bullying and what might lead to someone being a bully and how to get help. To know how stereotyping can affect people and explore how this can lead to discrimination. To begin to know how to challenge other people's attitudes to stereotyping.	To know that it is important to prioritise spending. To know some ways that people lose money. To know that income is the amount of money received and expenditure is the amount of money spent.	To know what to do to achieve goals. To take responsibility for their own feelings and actions. To know about sun safety.	areas, such as healthcare and education. To know what happens when someone breaks the law. To understand the waste hierarchy. To know that prejudice is making assumptions about someone based on certain information. To know that discrimination is treating someone differently because of certain factors.	To understand the risks associated with drinking alcohol. To understand the skills needed to take on responsibilities in school. To understand that a big change can bring both opportunities and worries.  Year 6 To understand how a baby is conceived and develops. To know that identity is the way we see ourselves and how other people see us. To know that people may see us differently as to how we see ourselves. To know that images can be manipulated and are not realistic.	
<b>Topic Cycle B 2024-2025</b>	<b>Invade, Conquer Settle</b>	<b>We're all Wonders!</b>	<b>May the Force be with you!</b>	<b>Map Makers &amp; Globe Trotters</b>	<b>Spies, Suspicions and Secrets (Assessments)</b>	<b>Pupil initiated:</b>
Unit name	Families and relationships (B)	Economic wellbeing (B)	Health & Wellbeing (B)	Citizenship (B)	Safety & the changing body RSE Week Identity/body image (Yr 6 only) Transition (B)	
Key Knowledge & Skills	To know that friendship can have issues and to find solutions to problems. To know that friendships can be stronger after an issue has happened. To know respect is two-way and how we treat others is how we can expect to be treated. To know how to resolve disputes and conflict through negotiation and compromise. To know some family relationships can make	To understand that different jobs have different routes into them. To understand that people change jobs for a number of reasons. To understand that there are certain rules to follow to keep money safe in bank accounts. To know that gambling is a risk where money, or something else, is swapped in the hope of winning something better or more money.	To know how to use mindfulness techniques as a strategy to manage their emotions. To know how to identify long term goals and plan how to work towards them. To know the importance of a healthy lifestyle and take greater responsibility for their diet, dental hygiene, rest, relaxation and physical activity. To know about the potential impact of	To know that parliament is made up of the House of Commons, the House of Lords and the Monarch. To know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work. To know that education is an important human right. To know that the prime minister appoints 'ministers' who have responsibility for different	To understand the process of the menstrual cycle. To know the names of the external sexual parts of the body and the internal reproductive organs. To know that puberty happens at different ages for different people. To understand that online relationships should be treated in the same way as face to face relationships. To know where to get help with online problems. To know how to assess a casualty's condition. To know how to conduct a primary survey (using DRSABC).	

	<p>children feel unhappy and what they can do if this happens.</p> <p>To learn how attitudes to stereotyping are changing and how to challenge stereotyping and discrimination.</p> <p>To begin to know about the process and emotions relating to grief.</p>	<p>To know that banks and organisations such as Citizens' Advice can help with money-related problems.</p>	<p>technology on physical and mental health.</p> <p>To know ways that we prevent ourselves and others becoming ill and the benefits of immunisation.</p> <p>To know where to seek help and support if they believe they are unwell.</p> <p>To know that habits can be good or bad for our health.</p>	<p>areas, such as healthcare and education.</p> <p>To know that a pressure group is a group of people who feel very strongly about an issue and want to see something change.</p> <p>To know that our food choices can affect the environment.</p>	<p>To understand the skills needed to take on responsibilities in school.</p> <p>To understand that a big change can bring both opportunities and worries.</p> <p>Year 6</p> <p>To understand how a baby is conceived and develops.</p> <p>To know that identity is the way we see ourselves and how other people see us.</p> <p>To know that people may see us differently as to how we see ourselves.</p> <p>To know that images can be manipulated and are not realistic.</p>
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