

St Osmund's PSHE Curriculum Map 2023/2024

Health and Wellbeing

Living In The Wider World

Relationships

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	The importance of respect at St Osmund's Showing respect to others; rules and laws; working as a team	Mental wellbeing: Taking care of mental health and emotional wellbeing; Managing challenges; Seeking support for themselves and others	Friendships and relationships Characteristics of a healthy friendship; managing relationships; trust and seeking help with unhealthy relationships	Personal Safety Setting boundaries in friendships; keeping our bodies safe; responding to adults; recognising and reporting unsafe feelings.	Substances: Drugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws	Careers: Career types; challenging career stereotypes; goal setting; exploring ideas about future careers
	What is respect and how can I show it?	What is mental health?	What is a healthy friendship?	How can I keep myself safe?	What are the effects of substances?	How can I be enterprising?
Year 6	Respect and bullying: Understanding what is bullying; successful friendships: mediating and managing problems between friends; bullying online / cyberbullying.	Mental health and wellbeing: Physical and mental wellbeing; the importance of sleep, physical activity and managing a routine.	Online safety: How data is shared and used online; evaluating reliability of sources; misinformation and targeted information; age-appropriate TV, games and online content.	Puberty & reproduction: Body changes for boys and girls; understanding our bodies and changes in feelings; where to find support.	Relationships and identities: Exploring British values, diversity and make up of different family units; loving relationships	Personal safety: Exploring a range of issues around personal safety including coping with peer pressure; relationships with adults; basic road safety; water safety Water safety covered by RNLI
	What is bullying?	What do I know about health?	How can I keep myself safe online?	What do I know about puberty?	How are people different?	What are the risks to my personal safety at home and about?
Year 7	Respecting Differences: Prejudice and stereotypes; difference and diversity in families; family and gender roles.	Healthy lifestyles: Rights and responsibilities online; using the internet safely; safe and unsafe sharing; how information is gathered and used.	Economic Wellbeing – The Value of Money: Understanding how to look after money; use of debit, credit and store cards; digital wallets; how to use a bank account and online banking.	Puberty and Healthy Relationships: Emotional changes during puberty; healthy and unhealthy relationships Managing strong feelings; introduction to consent.	Substances: Social norms regarding drugs, alcohol and tobacco; myths and misconceptions; Influence and risks relating to substance use.	Economic Wellbeing and Careers: Identifying values and aligning actions; career choices; target setting and aspirations.
	What is mutual respect?	How can I access appropriate material on the internet safely?	How can I protect my money?	How does it feel?	How are substances harmful?	What is work?
Year 8	Relationships: rights and responsibilities Rights and responsibilities within a relationship; responsibilities in school and as part of the wider community.	Mental health and wellbeing: Physical and mental wellbeing; mental health and social media; dealing with change	Diversity, Identity and Heritage: Diversity and discrimination; diversity and migration; identity and heritage.	Friendships and healthy relationships: Managing social pressures and peer pressure; challenging stereotypes; healthy and unhealthy relationships.	Sexual Health Healthy relationships and responsibilities; starting relationships; sexual consent; contraception.	Transition: Dealing with change; understanding pressures in society (Countylines); personal goals and aspirations moving into year 9.
	What rights and responsibilities do I have?	How do I feel inside?	Where do we come from and why are we different?	How can I resist pressure?	Sexual relationships – what is appropriate?	Skills for Transition