



2021-2022 Curriculum Map PSHE/RSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	<p>Respect and bullying (Valuing Diversity):</p> <p>Mutual respect; Sharing points of view; Stereotypes; Types of bullying and how to get help; Discrimination</p>	<p>Mental wellbeing (Health and Wellbeing):</p> <p>Taking care of mental health and emotional wellbeing; Managing challenges; Seeking support for themselves and others</p>	<p>Trust and Respect (Relationships/ Sex Education):</p> <p>Privacy and personal boundaries; Acceptable and unacceptable contact; Permission-seeking and giving; Personal safety, including FGM</p>	<p>Careers (Living in the Wider World/Improving Life Chances):</p> <p>Career types; challenging career stereotypes; Enterprise project</p>	<p>Substances (Health and Wellbeing):</p> <p>Drugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws</p>	<p>Keeping active (Health and Wellbeing):</p> <p>Benefits of a balanced lifestyle; Balancing internet use; How physical activity affects wellbeing</p>
Year 6	<p>Personal Identity (Valuing Diversity)</p> <p>What contributes to who we are; Personal strengths; Interests.</p>	<p>The Digital World (Improving Life Chances/Living in the Wider World):</p> <p>Opportunities to connect online; The nature of online- only friendships; Reporting harmful content and contact; Staying safe online, Setting goals; Managing setbacks; New opportunities and responsibilities</p>	<p>Health and hygiene (Health and Wellbeing):</p> <p>Making informed choices regarding a healthy lifestyle, including nutrition; Hygiene and bacteria and viruses; Allergies and getting help in an emergency; Vaccination and immunisation</p>	<p>Puberty and reproduction (Sex Education):</p> <p>Menstrual wellbeing; Managing the changes of puberty; Developing independence; How a baby is made</p>	<p>Managing change (Friendships):</p> <p>Developing friendship skills; Changing and ending friendships; Managing change, loss and bereavement; Sources of support</p>	<p>Media literacy (Health and Wellbeing):</p> <p>How data is shared and used online; Evaluating reliability of sources; Misinformation and targeted information; Choosing age-appropriate TV, games and online content; Influences relating to gambling</p>
Year 7	<p>Healthy lifestyles (Health and Wellbeing):</p> <p>Physically and mentally healthy lifestyles; Healthy sleep habits; Dental health; Managing stress; Accessing health services</p>	<p>Healthy Relationships (Relationships):</p> <p>Healthy and positive relationships, including intimate relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent</p>	<p>Economic wellbeing (Living in the Wider World):</p> <p>Evaluating value for money; Debt, fraud and personal values around finance; Financial exploitation, Setbacks, Failures, Independence</p>	<p>Friendships and diversity (Valuing Diversity):</p> <p>Respectful relationships and conflict resolution, including online; Equality, diversity and tackling prejudice; Bullying, including online</p>	<p>Substances (Health and Wellbeing):</p> <p>Social norms regarding drugs, alcohol and tobacco; Myths and misconceptions; Influence and risks relating to substance use</p>	<p>Careers (Living in the Wider World):</p> <p>Developing enterprise skills; The world of work and young people's employment rights; Enterprise project</p>



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Year 8	<p>Mental health and wellbeing (Health and Wellbeing): Attitudes to mental health and emotional wellbeing; Digital resilience; Body image; Healthy and unhealthy coping strategies; Seeking support for themselves and others</p>	<p>Friendships and managing Influences (Relationships): Managing social influence, peer pressure and peer approval; Strategies to manage pressure to conform within a group and in relation to substance use.</p>	<p>Relationship norms and expectations (Relationships): Stereotypes and expectations of gender roles, behaviour and intimacy; Consent in intimate situations; Introduction to contraception and sexual health.</p>	<p>Careers (Living in the Wider World): Life and career aspirations; Personal strengths and skills for employment; Stereotypes; Routes into careers; Progression routes; Online presence</p>	<p>First aid and keeping safe (Health and Wellbeing): First aid including CPR and defibrillator use; Personal safety including travel safety</p>	<p>Moving forward (Improving Life Chances): Personal strengths, celebrating successes and setting goals; Moving on to a new school; Managing change</p>
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