



PSHE (Personal, Social and Health Education) Curriculum Map

From September 2023 we will be following the Kapow Scheme for delivering PSHE education in Key Stage 1 (Years 1 and 2). This scheme provides high quality and engaging resources, delivered in lessons which follow a 'spiral' model divided into five key areas: Family and Relationships, Health and Wellbeing, Safety and the Changing Body, Citizenship and Economic Wellbeing. Our curriculum fully meets the statutory elements of Relationships and Health Education set out by the Department of Education, as well as providing age appropriate opportunities for exploring important aspects of the wider world in the economic wellbeing and citizenship units. Our PSHE curriculum is further enhanced through enrichment themes and visits e.g. Road, Water and Online Safety Workshops, International Refugee Day, International Women's Day and World Environment Day.

	Autumn	Spring	Summer
Nursery (3-4 yo)	<p>To begin to show 'effortful control', beginning to wait rather than grab.</p> <p>To use the toilet with adult support.</p> <p>To understand that hands need to be washed after using the toilet and before having a snack, some adult support might be needed in doing this.</p> <p>To recognise friendly and unfriendly faces and kind and unkind ways of speaking.</p> <p>To know that they can approach adults in Nursery when needed.</p> <p>To know how to adapt behaviour to suit classroom routines.</p> <p>To know that oral hygiene is important and also know that eating fruits and vegetables is healthy for teeth and our bodies.</p> <p>To separate from the main carer and learn to adapt to the Nursery environment.</p> <p>To select and use activities and resources, with some support if needed.</p>	<p>To express different feelings such as happy, sad, tired or upset.</p> <p>To start using 'Stop I don't like it!'</p> <p>I know what 'right' choices are and I try my best to make the right choice.</p> <p>To independently put on coats and use the toilet independently.</p> <p>To wash hands using soap independently.</p> <p>To be able to talk about healthy food choices.</p> <p>Becoming more confident in social situations.</p> <p>To notice and ask questions about differences.</p> <p>To sometimes be able to work as part of a team.</p> <p>To start using good manners independently</p> <p>To know that there are boundaries set.</p> <p>To respect our resources and put them back when we have finished with them. 'Choose it, use it, put it away.'</p> <p>To be able to take turns independently using aids such as sand timers.</p>	<p>To think about how others feel.</p> <p>To sometimes sort out minor conflicts appropriately.</p> <p>To show more control over feelings and behaviour.</p> <p>To show more perseverance and resilience when facing a challenge.</p> <p>To manage when routines change.</p> <p>To talk about why we need to wash our hands.</p> <p>To play nicely with others and extend play.</p> <p>To be able to give some qualities of a good friend.</p> <p>To talk about my likes and dislikes.</p> <p>To show empathy eg helping others when they are upset.</p> <p>To use the toilet independently.</p> <p>To be able to talk about some ways of being healthy. To gain enough confidence to talk to adults and peers. To begin to be assertive towards others where necessary.</p> <p>To be willing to try new foods and experiences.</p> <p>To understand the NSPCC pants rule</p>
Key Vocabulary	<p>Taking turns, share, help, choice, right, wrong, feelings, happy, angry, sad, scared, family, mum, dad, sister, brother, grandma, grandad, friend, safe, healthy, clean, dirty, germs, treat, fruit, vegetables, teeth, dentist, doctor, toothbrush, toothpaste, soap, wash, flush, rub, wipe, sink, toilet, body parts (eyes, hands etc), rules, friendly, kind, unkind, gentle, try, please, thank you</p>	<p>same, different, similarities, respect, polite, manners, lonely, sorry, shy, 'Don't give up', keep trying, have a go, exercise, patience, teamwork, happy, sad, angry, scared</p>	<p>Privates, pants, independent, challenge, resilience, perseverance, safety, online safety, kindness, care, caring, control</p>
Reception	<p>To show resilience and perseverance in the face of a challenge</p> <p>To identify and moderate their own feelings socially and emotionally.</p> <p>To express their feelings and consider the feelings of others.</p> <p>To know and talk about different factors that support their overall health and wellbeing, i.e. sensible amounts of screen time, internet safety and that their body belongs to them (NSPCC Pants Campaign)</p> <p>To talk about what makes a good friend and show this in their actions.</p> <p>To talk about people they have come across within their community, naming and describing them (challenging stereotypes.)</p> <p>To talk about members of their own family and or community.</p> <p>Make simple observations about the past from photos/images (family photos, birthday & celebration photos, class events.)</p>	<p>To show resilience and perseverance in the face of challenge by setting their own goals and trying to achieve them, reflecting on and self-evaluating their work.</p> <p>To express their feelings and consider the feelings of others.</p> <p>To talk about ways of changing theirs and others' feelings.</p> <p>To identify and moderate their own feelings socially and emotionally.</p> <p>To know about right and wrong.</p> <p>To take turns and share with others.</p> <p>To know and talk about different factors that support their overall health and wellbeing, i.e. understanding good sleep routines, road safety and internet safety.</p> <p>To name and describe people who are familiar to them.</p>	<p>To express their feelings and consider the feelings of others, showing in their actions that they understand how others are feelings.</p> <p>To show resilience and perseverance in the face of challenge by setting their own goals and trying to achieve them, reflecting on and self-evaluating their work.</p> <p>To know and talk about different factors that support their overall health and wellbeing, i.e. staying safe in the sun, talking about internet safety, how to look after their teeth and healthy food choices.</p> <p>To identify and moderate their own feelings socially and emotionally. To know about right and wrong and show this in their actions.</p> <p>To build constructive and respectful relationships.</p> <p>To think about the perspective of others..</p>
Key Vocabulary	<p>Sharing, turn taking, challenge, feelings, happy, sad, angry, worried, scared, joyful, internet safety, friend, family, mum, dad, brother, sister, aunty, uncle, cousin, granddad, grandmother, 'Stop I don't like it', privates, pants, independent, resilience,</p>	<p>Keep going, goal, reflect, feelings, right, wrong, sleep routine, road safety, e-safety, emergency</p>	<p>sunburn, dehydration, oral hygiene, healthy food, emotions.</p>



THE MINSTER NURSERY AND INFANT SCHOOL

SCHOOL OF INSPIRATION

DETERMINATION HONOUR BELIEVE

PREPARING FOR A BRIGHT FUTURE WITH INNOVATIVE AND EXCITING LEARNING

	perseverance		
Year 1	<p>Family and Relationships</p> <ul style="list-style-type: none"> • What is family? • What are friendships? • Recognising other people's emotions • Working with others • Friendship problems • Healthy friendships • Gender stereotypes <p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Understanding my emotions • What am I like? • Ready for bed • Relaxation • Hand washing and personal hygiene 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Sun Safety • Allergies • People who help us keep healthy <p>Safety and the Changing Body</p> <ul style="list-style-type: none"> • Adults in school • Adults outside school • Getting lost • Making an emergency phone call • Appropriate contact • Safety with substances • Safety at home • People who help us stay safe <p>Citizenship</p> <ul style="list-style-type: none"> • Rules 	<p>Citizenship</p> <ul style="list-style-type: none"> • Caring for others: Animals • The needs of others • Similar, yet different • Belonging • Democratic Decisions <p>Economic Wellbeing</p> <ul style="list-style-type: none"> • What is money? • Keeping money safe • What is a bank? • Saving and spending • Jobs in school • Jobs out of school <p>Transition</p> <ul style="list-style-type: none"> • Individual strengths and new skills
Key Vocabulary	<p>PSHE, safe/unsafe, learn, rule, unhappy, behaviour, care, emotions, family, feelings, friend, friendly, problem, stereotype, relation, family terms eg mum, sister, cousin, stepdad etc, respect, considerate, love, kind, trust, generous, share, listen, fun, helpful, truth, relationship, feeling, sad, worried, help, care, listen, emotion, challenge, co-operate, work together, team, include, falling out, problem, solution, communication, talk, friendly, welcome, included, trust, stereotype, favourite</p> <p>feeling, happy, sad, angry, worried, strategy, skill, qualities, strength, better, sleep, rest, routine, relax, relaxation, rest, dirt, hands, germs, wash, soap, water, scrub, clean</p>	<p>sun, safe, burn, slip slop slap, hat, sunscreen, sunglasses, allergy, allergen, food allergy, allergic reaction, paramedic, job, help, healthy, doctor, nurse, optician, dentist,</p> <p>adult, manners, polite, visitor, stranger, worry, hurt, lost, police, fire, ambulance, emergency, 999, physical, contact, like, dislike, kind, unkind, stop, permission, acceptable, unacceptable, into, onto, ill, damage, medicine, unsafe, accident, hazard, danger, job, safe, help,</p> <p>rule, different</p>	<p>animal, care, pet, need, need, baby, child, same, different, unique, different, group, same, fair, unfair, choice, vote, democracy</p> <p>buy, cash, coin, goods, highest, lowest, money, note, pay, penny, pound, sell, services, money box, piggy bank, purse, safe/unsafe, wallet, bank, bank account, customer, deposit, saving, withdraw, expensive, influence, save, spend, value, earn, interview, interviewee, job, responsibility, quality, career, dream, enjoyment, remote, skills, workplace, strengths</p>
Year 2	<p>Family and Relationships</p> <ul style="list-style-type: none"> • Families offer stability and love • Families are all different • Other people's feelings • Unhappy friendships • Introduction to manners and courtesy • Change and loss • Gender stereotypes: Careers and jobs <p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Experiencing different emotions • Being active • Relaxation: Breathing exercise • Steps to success • Developing a growth mindset • Healthy diet 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Looking after our teeth <p>Safety and the Changing Body</p> <ul style="list-style-type: none"> • Introduction to the internet • Communicating online • Secrets and surprises • Appropriate contact: My private parts • Appropriate contact: My private parts are private • My personal boundaries • Road safety • Crossing roads safely • Staying safe with medicine <p>Citizenship</p> <ul style="list-style-type: none"> • Rules beyond school • Our school environment 	<p>Citizenship</p> <ul style="list-style-type: none"> • Our local environment • Job roles in our community • Similar yet different - my local community • School council • Giving my opinion <p>Economic Wellbeing</p> <ul style="list-style-type: none"> • Where does money come from? • Exploring wants • Exploring needs • Bank cards and accounts • My skills and talents • Everyone is welcome <p>Transition</p> <ul style="list-style-type: none"> • Change
Key Vocabulary	<p>family, relation, care, support, love, family, love, care, different, same, similar, feeling, emotion, choice, report, understanding,</p>	<p>tooth, teeth, sugary drink, healthy, brush</p>	<p>environment, pleasant, job, volunteer, look after, job, role, community, identity, same, similar, different, community,</p>



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	<p>happy, unhappy, healthy friendships, unhealthy friendships, relationship, manners, behaviour, please, thank you, taking turns, table manners, quiet, respect, considerate, change, remember, happy, sad, upset, death, male, female, stereotype, career, job, gender, judge, appearance</p> <p>feeling, emotion, different, communicate, frustrated, self-awareness, sport, activity, physical, exercise, health, feeling, exercise, relax, relaxation, breath, goal, skill, achieve, steps, try, fail, frustrating, challenge, growth mindset,</p> <p>immune system, healthy diet, balanced meal, portion, nutrients, weight, tooth decay</p>	<p>World Wide Web, streaming, website, internet, WiFi, internet, online, danger, safe, kind, unkind, bullying, excited, good, happy, surprise, secret, unhappy, worried, penis, vulva, vagina, private parts, surprise, safe touch, unsafe touch, PANTS rule, report, boundary, choice, contact, decision, permission, personal, uncomfortable, pedestrian, road, safe, walking, pavement, holding hands, car park, traffic, pedestrian, road, safe, walking, pavement, holding hands, car park, traffic, stop, look, listen, think,</p> <p>temperature, sneeze, doctor, nurse, pharmacist, prescription, medicine, drug, rule, reason, different, environment, responsibility, problems</p>	<p>school council, representative, meeting, democracy, vote, election, opinion, idea, improve, school council, respect, agree, disagree,</p> <p>benefit, earn, gift, government, income, inheritance, job, source, cost, food, growth, healthy, love, need, safe, secure, difference, diversity, profession, quality, skills, unique, career, dream, enjoyment, remote, responsibility, workplace, shelter, survival, thrive, water, Able, buy, essential, gift, influence, priority, treat, want, age, restriction, bank account, bank account, card, cardholder, contactless, credit card, debit card, feature, personal identification number (PIN), withdraw</p>
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