



PSHE, Citizenship and SEAL Curriculum Map for Brighton & Hove Primary Schools (With references to B&H PSHE Programme of Study, the SEAL resources and cross curricula links)

This curriculum map outlines how you can teach all of the KS1 & KS2 learning outcomes and is grouped into topics which broadly fit with SEAL themes. The number of lessons needed to cover topics is based on one PSHE lesson per week. It is suggested that you add your school's topic headings in the rows provided and then adapt this PSHE curriculum map to fit best with other topics being studied: for example mapping the Global education outcomes with a comparative location geography topic. It will be helpful to consider where the PSHE learning outcomes can be taught alongside related RE, science, DT (food), PE, geography, history & ICT (internet safety). The three PSHE curriculum frameworks; Relationships & Sex education, Drugs & Alcohol and Equality & Diversity will support the planning and resourcing of these PSHE topics and can be found here: <http://www.beem.org.uk/Services>

For further support with developing your school's PSHE curriculum please email pshe@brighton-hove.gov.uk.

Year group		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
		Who are we?	Getting on and Falling Out	Going for Goals	Belonging – Be who you are	Relationships	Changing and Moving on
Topic							
Rec	SEAL	New beginnings Including: Taking turns and playing with others; Recognising and naming feelings ELG 06, 07, 08 x3 lessons	Getting on and falling out Making up after falling out, managing angry feelings X4 lessons Say no to bullying (Anti bullying week) ELG 06, 07, 08	Going for goals Trying new things in my learning and say how they have gone. ELG 06, 07, 08 X2 lessons	Good to be me B&H GTBM Lessons Identify & Belonging – Similarities and Differences – with a focus on home food ELG 06, 07, 08 X2 lessons	Relationships Understanding how it feels to miss someone and how to make myself feel better B&H PSHE team Loss & Bereavement Lessons. ELG 06, 07, 08 X2 lessons	Changes Knowing how changes can make me feel and knowing some ways to cheer people up when they are sad. ELG14 X3 lessons
	PSHE topic	Global Citizenship My school community ELG13&14 x3 lessons (link to geography topics)	Gender-B&H PSHE team Lunchboxes Challenging Gender Stereotypes ELG 01,02,03,08 X2 lessons	Environmental safety & Drugs Education -B&H PSHE Team Keeping Healthy & safe- ELG 05, 06, 07, 14 X3 lessons	Family Diversity- All sorts of families ELG 01, 02,03, 06, 08 x3 lessons	Protective Behaviours - B&H PSHE Team Feeling Good Feeling Safe ELG 06, 07, 08 X4 lessons	Relationship & Sex Education (RSE)- B&H PSHE team RSE lessons ELG05,06,07,08 x3 lessons

Year group		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
TOPIC							
Year 1	SEAL theme	<p>New beginnings: Class charter; Feeling scared/sad and feeling better H1.4, R1.1, R1.2 X3 lessons</p> <p>Democracy school council E1.1, E1.2,E1.3 X1 lessons</p>	<p>Getting on and falling out What makes a good friend, active listening, peaceful problem solving R1.1, R1.2, R1.5, R1.6,R1.9, x3 lessons Say no to bullying (Anti bullying week) R1.4,R1.11,R1.12, R1.13, H1.13, H1.14</p>	<p>Going for goals Knowing about different and own preferred learning style , setting a goal, avoiding distractions H1.3 R1.5 x3 lessons ES1</p>	<p>Good to be me B&H GTBM Lessons Focus on Identity and belonging – exploring race and ethnicity H1.2,H1.3 ,H1.4, R1.1, R1.4, R1.5, E1.4 x 2 lessons</p>	<p>Relationships Explore feelings of jealousy and coping strategies; explore ways to feel better when you feel hurt without hurting others. R1.9 x 2 lessons</p>	<p>Changes Human timelines, natural changes and changes we can make ourselves H1.8, H1.9 x 3 lessons</p>
	PSHE Topic	<p>Global Citizenship Identity and belonging including: Similarities and differences in our school community R1.8; E1.4</p>	<p>Environmental safety & Drugs Education- B&H PSHE Team Keeping Healthy & safe- H1.1,H1.2,H1.11,H1.12 x3 lessons</p>	<p>Gender- B&H PSHE team Toys Challenging Gender Stereotypes R1.1, R1.2, R.4, R1.5, R1.8, R1.12, R1.13 X2 lessons Money Management (taught as part of maths) E1.6, E1.7 Internet Safety (taught through ICT) H1.12, H1.13, H1.14</p>	<p>Gypsy Roma traveller education (GRT) B&H PSHE Team Kushti Atchin Tan) R1.8 x3 lessons</p>	<p>Protective Behaviours - B&H PSHE Team Feeling Good Feeling Safe H1.13,H1.14, R1.3, R1.10, R1.11 X4 lessons</p>	<p>RSE- including family diversity B&H PSHE team RSE lessons H1.1,H1.6,H1.8, H1.9, H1.10 R1.8 x3 lessons</p>

Year group		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Creative Curriculum Topic							
Year 2	SEAL Theme	New beginnings Class charter and how to include everybody H1.4, R1.1, R1.2 E1.1 E1.2 X2 lessons Democracy school council E1.1, E1.2,E1.3 x 1 lessons (link to geography)	Getting on and falling out x 3lessons Seeing others points of view, working with others skills, H1.4, R1.1, R1.2, R1.4, R1.6,R1.7 Say no to bullying(Anti bullying week) R1.4,R1.11R1.11, R1.13, H1.13, H1.14	Going for goals Setting realistic goals, breaking goals down into steps, overcoming boredom and frustration (resilience) H1.3, R1.5 R1.7 X3 lessons	Good to be me B&H GTBM Lessons Focus on Identity and belonging – exploring race and ethnicity H1.2,H1.3 ,H1.4, R1.1, R1.4, R1.5, E1.4 x 2 lessons	Relationships Explore love and feeling cared for; and explore loss and coping strategies H1.5 B&H PSHE team Loss & Bereavement Lessons X2 lessons	Changes Understanding what a habit is and how to change them, H1.1, R1.2,R1.7,E.1.3 x3 lessons
	PSHE Topic	Global citizenship Including: my community and Multicultural Britain E1.4, R1.8 x3 lessons (link to geography)	Environmental safety & Drugs Education -B&H PSHE Team Keeping Healthy & safe- H1.11,H1.12, H1.14 x3 lessons Healthy Eating (taught through science, PE & DT) H1.1, H1.2	Careers & Gender E1.8 X2 lessons R1.1, R1.2, R.4, R1.5, R1.8, R1.12, R1.13 Poverty Proofing X2 lessons Money Management (taught as part of maths) E1.6, E1.7 Internet Safety (taught through ICT) H1.12, H1.13, H1.14	Disability Equality Education- B&H PSHE Team Nothing About Me Lessons R1.1, R1.2,R1.8, R1.12, R1.13 x3 lessons	Protective Behaviours - B&H PSHE Team Feeling Good Feeling Safe H1.13,H1.14, R1.3, R1.10, R1.11 X4 lessons	RSE B&H PSHE team RSE lessons H1.2, H1.10, H1.13, R1.2,R1.5,R1.8, R1.9, R1.11 x3 lessons

Year group		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Creative Curriculum Topic							
Year 3	SEAL Theme	New beginnings Class charter; welcoming and valuing others R2.1, R2.2, R2.3, E2.2, E2.4, E2.5 X2 lessons Democracy school council E2.4, E2.5 x 1 lessons	Getting on and falling out Recognising your triggers, how the body responds to anger, calming down strategies and win win solutions. H2.1, H2.5, H2.6, R2.1, R2.3,R2.5, R2.8, R2.10, E2.6 x5 lessons Say no to bullying(Anti bullying week) E2.3, R2.5, R2.6, R2.12 R2.14	Going for goals Taking responsibility for own behaviour and learning, setting a goal and planning how to achieve it. H2.4, R2.5 R2.9 x 2 lessons	Good to be me Good to be me B&H GTBM Lessons Focus on Identity and belonging – exploring race and ethnicity – challenging prejudice H2.1, H2.2, H2.4, H2.5, R2.1, R2.3, R2.5,R2.8,R2.11, R2.14, E2.9 x 1 lessons B&H PSHE Team Flo’s Funny feelings H2.1, H2.5, H2.6, R2.8 X2 lessons	Relationships Exploring shame, guilt and making amends. R2.2 , R2.3 X2 lessons	Changes Different types of changes, coping with difficult feelings about changes, H2.1,H2.6, H2.7,R21.1 x 2 lessons
	PSHE Topic	Global Citizenship Being a global citizen E2.1,E2.4,E2.9,E2.10,R2.11, R2.14 x3 lessons (link to geography)	Money Management (taught as part of maths) E2.11, E2.12 Internet Safety (taught through ICT) H2.20,H2.21,H2.22	Gender- Gender Identity & stereotyping B&H PSHE team Be who you are lessons R2.11, H2.1, R2.14 x3 lessons	Drugs &Alcohol Education -B&H PSHE Team Keeping Healthy & safe- H2.2,H2.6,H2.8,H2.9, H2.10, H2.12,H2.13,H2.15 , H2.16, R2.13, X3 lessons Healthy Eating (taught through science, PE & DT)H2.3, E2.1	Protective Behaviours - B&H PSHE Team Feeling Good Feeling Safe H2.2, H2.5, H2.6, H2.10, H2.12, H2.13, H2.20,, H2.22, R2.1, R2.2, R2.3, R2.5, R2.6, R2.7, X4 lessons	RSE B&H PSHE team RSE lessons including Family Diversity H2.1, H2.10, H2.12, H2.17, H2.18, H2.19, H2.22, H2.6, , R2.2, R2.3, R2.4, R2.14 X4 lessons

Year group		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Creative Curriculum Topic							
Year 4	SEAL Theme	New beginnings Rights and responsibilities in school, coping with new situations E2.2, E2.4, E2.5, E2.6 x 2 lessons Democracy school council E2.4, E2.5 x 1 lessons	Getting on and falling out Not losing your cool- regulating your emotions and group work skills R2.1,R2.3 R2.5, R2.7, R2.8, R2.9, R2.10, E2.6, X3 lessons Say no to bullying(Anti bullying week) E2.3, R2.5, R2.6, R2.12 R2.14	Going for goals Identifying barriers, setting goals to overcome barriers, giving and accepting advice H2.4,H2.6,H2.22, R2.8 R2.9 x2 lessons	Good to be me <i>Good to be me B&H GTBM Lessons</i> Focus on Identity and belonging – exploring race and ethnicity – challenging prejudice H2.1, H2.2, H2.4, H2.5, R2.1, R2.3, R2.5,R2.8,R2.11, R2.14, E2.9 x 1 lessons B&H Poverty Proofing Lessons R2.11, R2.14, E2.1, E2.4, E2.11 X2 Lessons	Relationships Exploring Loss and coping strategies. H2.7, R2.2 , R2.3 B&H PSHE team Loss & Bereavement X2 lessons	Changes Coping with unwanted changes, giving and asking for help H2.6, H2.7, H2.22,R2.1, R2.2 X2 lessons

	PSHE Topic	Global Citizenship Challenging media stereotypes (eg: gender, cultural, refugees etc) E2.2,E2.9,E2.10,E2.16, R2.8, H2.12, R2.14, H2.19 X3 lessons (link to geography)	Money Management (taught as part of maths) E2.11, E2.12 Internet Safety (taught through ICT) H2.20,H2.21,H2.22	Disability Equality Education <i>B&H PSHE Team</i> <i>Nothing About Me Without Me Lessons</i> R2.12, R2.14 X4 lessons	Drugs &Alcohol Education -B&H PSHE Team <i>Keeping Healthy & safe-</i> H2.2,H2.6,H2.8,H2.9, H2.10, H2.12,H2.13,H2.15, H2.16, R2.13, E2.1 X 3 lessons Healthy Eating (taught through science, PE & DT) H2.3, E2.1	Protective Behaviours - B&H PSHE Team <i>Feeling Good</i> <i>Feeling Safe</i> H2.2, H2.5, H2.6, H2.10, H2.12, H2.13, H2.20,, H2.22, R2.1, R2.2, R2.3, R2.5, R2.6, R2.7 X4 lessons	RSE- B&H PSHE team RSE lessons H2.1, H2.6, H2.10, H2.12, H2.17, H2.18, H2.19, H2.22, R2.14 X4 lessons
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Year group		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Creative Curriculum Topic							
Year 5	SEAL Theme	New beginnings Understanding how to learn well together and to compromise. Coping with uncomfortable feelings. H2.6,R2.1, R2.3, R2.5, E2.6 X2 lessons Democracy Understanding the rule of law and school council E2.2 ,E2.4, E2.5 x 1 lesson	Getting on and falling out Appreciating friendships and trying not to demand too much. Taking responsibility, resolving conflicts peacefully. R2.1, R2.5, R2.7, R2.8, R2.10 X3 lessons Say no to bullying(Anti bullying week) E2.3, R2.5, R2.6, R2.12 R2.14	Going for goals Knowing the skills of a good learner and identifying areas for development in myself H2.4, R2.5, x 2 lessons	Good to be me Good to be me B&H GTBM Lessons Focus on Identity and belonging – exploring race and ethnicity – challenging prejudice H2.1, H2.2, H2.4, H2.5, R2.1, R2.3, R2.5,R2.8,R2.11, R2.14, E2.9 x 2 lessons	Relationships- B&H PSHE Team Kushti Atchin Tan Gypsy Roma traveller education (GRT) R2.11, R2.14 x 3 lessons	Changes Common responses to change, feeling insecure and unconfident, recognising our ‘sore spots’ H2.1, H2.5, H2.6, H2.7 R2.3,R2.5, R2.10, x2 lessons
	PSHE Topic	Global Citizenship Cultural stereotyping and racism E2.4,E2.6,E2.7, E2.9, E2.10, R2.12,R2.14 X3 lessons (link to geography)	Money Management (taught as part of maths) E2.11, E2.12, E2.15 Internet Safety (taught through ICT) H2.20,H2.21,H2.22	Gender-B&H PSHE Team Like A Child lessons Challenging stereotypes H2.12, R2.14, E2.16 X3 lessons	Drugs &Alcohol Education- B&H PSHE Team Keeping Healthy & safe- H2.2,H2.8,H2.9, H2.10,H2.12,H2.13,H2.15,H2.16,R2.13, E2.1, E2.16 X3 lessons	Protective Behaviours - B&H PSHE Team Feeling Good Feeling Safe H2.2, H2.5, H2.6, H2.10, H2.12, H2.13, H2.20,, H2.22, R2.1, R2.2, R2.3, R2.5, R2.6, R2.7 X4 lessons	RSE B&H PSHE team RSE lessons H2.1,H2.6, H2.10, H2.12, H2.17, H2.18, H2.19, H2.22, R2.14, E2.16 X4 lessons

Year group		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Creative Curriculum Topic							
Year 6	SEAL Theme	<p>New beginnings Understanding responsibilities in school; managing anxiety and stress and calming down strategies. H2.6,R2.1, R2.3, R2.5, E2.6 x 2 lessons</p> <p>Democracy Understanding the rule of law and school council E2.2 ,E2.4, E2.5 x 1 lesson</p>	<p>Getting on and falling out Differences as a barrier and the skills of working together, understanding the link between feelings and behaviour, knowing my triggers and how to calm myself down H2.1, H2.6, R2.1, R2.5, R2.3,R2.7, R2.8, R2.10, R2.14 X3 lessons</p> <p>Say no to bullying(Anti bullying week) E2.3, R2.5, R2.6, R2.12 R2.14</p>	<p>Going for goals Working toward long term goals, careers and aspirations, taking the first steps H2.4, H2.6,R2.8 E2.15 x 2 lessons</p>	<p>Good to be me <i>Good to be me B&H GTBM Lessons</i> Focus on Identity and belonging – exploring race and ethnicity – challenging prejudice H2.1, H2.2, H2.4, H2.5, R2.1, R2.3, R2.5,R2.8,R2.11, R2.14, E2.9 x 2 lessons</p>	<p>Relationships <i>B&H PSHE team Loss & Bereavement Lessons</i> Explore Loss and coping strategies. H2.7, R2.2 , R2.3 X2 lessons</p>	<p>Changes Moving On-coping with a change of school H2.7 H2.1, H2.5, H2.6, H2.7 R2.3,R2.5, R2.10, x2 lessons</p>
	PSHE Topic	<p>Global Citizenship Refugees/Islamaphobia /Holocaust survivors E2.7, E2.9,E2.10, E2.13,R2.14 x3 lessons (link to geography)</p>	<p>Money Management (taught as part of maths) E2.11, E2.12,E2.15 Internet Safety (taught through ICT) H2.20,H2.21,H2.22</p>	<p>LBGT equality education R2.14 X3 lessons</p>	<p>Drugs & Alcohol Education- B&H PSHE Team <i>Keeping Healthy & safe-</i> H2.2,H2.6,H2.8, H2.9, H2.10, H2.12,H2.13,H2.15, H2.16, R2.13, E2.1, E2.16 X3 lessons</p> <p>First Aid (taught through science) H2.14</p>	<p>Protective Behaviours <i>B&H PSHE Team Feeling Good Feeling Safe</i> H2.2, H2.5, H2.6, H2.10, H2.12, H2.13, H2.20,, H2.22, R2.1, R2.2, R2.3, R2.5, R2.6, R2.7 X4 lessons</p>	<p>RSE- B&H PSHE team RSE lessons H2.1,H2.6, H2.10, H2.12, H2.17, H2.18, H2.19, H2.22, R2.14, E21.6 X4 lessons</p>

		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Whole School Approaches		Who are we?	Getting on and Falling Out	Going for Goals	Belonging –Be who you are	Relationships	Changing and Moving on
	SEAL Theme	Behaviour policy-revisit with children School Council Elections Negotiating class charter/ rules. Rights, responsibilities and rules.	Anger management-recognising the physical effects of anger Peaceful problem solving Say No to Bullying Week (Nov)	New Years resolutions Talent Show-celebrate achievements Learning Styles	Relaxation techniques-yoga, exercise Anger management-calming down techniques	Language of feelings Bereavement Special People / Helping Hands	Transition Arrangements Coping with changes
	PSHE Topic	International Day of Peace 21 st Sept European day of Languages Sept 26 th Harvest Black History Month (Oct) World Smile Day 4 th Oct World Mental Health day 10 th oct International Day	Firework Safety 5 th Nov Armistice Day 11 th Nov International day of Tolerance 16 th Nov Disability Awareness month (Nov) Alcohol Awareness Week (Nov) Road Safety week (Nov) Aids Awareness Day(Dec 1 st)	Fitness & Healthy Eating Holocaust memorial day 27 th Jan LBGT History month(Feb) UNICEF day for Change Feb 8 th Safer Internet Day 11 th Feb Mother Language Day 21 st Feb	World Book Day 6 th Mar International women's day 8 th March World Health Day April 7 th Global education week(Apr)	Walk to school week(May) Sun Safety Assembly Water Safety Assembly International Day against Homophobia, Biphobia and Transphobia 17 th May	International Children's day 1 st June GRT month (Jun) Refugee week (Jun) Sports Day-healthy lifestyle Children's safety Week My Money Week

		of the girl 11 th Oct	Human Rights Day 10 th Dec				
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