



Rudyard Kipling Primary School PSHE, including RSHE Curriculum Map

All learning outcomes references for the PSHE topics are from the PSHE Association Programme of Study, which is organised into 3 core themes:

Core Theme 1: Health and wellbeing (H)

Core Theme 2: Relationships (R)

Core Theme 3: Living in the Wider World (L)

PSHE Programme of Study link: <https://www.pshe-association.org.uk/system/files/PSHE%20Association%20Programme%20of%20Study%20for%20PSHE%20Education%20%28Key%20stages%201%E2%80%9C%202020.pdf>

Year group	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Rec	New beginnings Including: Taking turns and playing with others; Recognising and naming feelings x3 lessons ELG 06, 07 ,08	Getting on and falling out Making up after falling out, managing angry feelings x4 lessons Say no to bullying <i>B&H PSHE Team</i> <i>Anti bullying week</i> x2 lessons ELG 06, 07 ,08	Mental Health & Wellbeing Exploring concepts of MH&WB, big feelings; 5 ways to well-being: Naming feelings and ways to calm down <i>B&H PSHE Team</i> <i>Mental Health & Wellbeing Lessons</i> x3 lessons	Good to be me <i>B&H GTBM Lessons</i> Identify & Belonging – Similarities and Differences – with a focus on home food x2 lessons ELG 06, 07 ,08	Relationships Understanding how it feels to miss someone and how to make myself feel better <i>B&H PSHE team</i> <i>Loss & Bereavement Lessons.</i> x2 lessons ELG 06, 07 ,08	Changes Knowing how changes can make me feel and knowing some ways to cheer people up when they are sad. x2 lessons ELG14 Going for goals Trying new things in my learning and say how they have gone. x2 lessons ELG 06, 07 ,08
	Protective Behaviours - <i>B&H PSHE Team</i> <i>Feeling Good</i> <i>Feeling Safe</i> x4 lessons ELG 06, 07 ,08	Gender- <i>B&H PSHE team</i> <i>Lunchboxes</i> Challenging Gender Stereotypes x2 lessons ELG 01,02,03,08	Health & Drugs Education - <i>B&H PSHE Team</i> <i>Keeping Healthy & safe-</i> What is 'health'?, hand washing and asking for help x3 lessons ELG 05, 06, 07, 14	Family Diversity- <i>B&H PSHE Team</i> <i>Family Diversity lessons</i> Who cares for me? x3 lessons ELG 01, 02,03, 06, 08	Global Citizenship My school community x3 lessons (link to geography topics) ELG13&14	Relationships, Sex & Health Education <i>B&H PSHE team</i> <i>RSE lessons</i> x3 lessons ELG05,06,07,08

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Year group	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 1	<p>New beginnings (SEAL) Class charter; Feeling scared/sad and feeling better x3 lessons</p> <p>Democracy school council x1 lesson KS1 L- 1,4,5 R- 1,21,22,24,25</p>	<p>Getting on and falling out (SEAL) What makes a good friend, active listening, peaceful problem solving x3 lessons</p> <p>Say no to bullying <i>B&H PSHE Team</i> <i>Anti bullying week</i> x2 lessons KS1: H- 11,12,13,14,15,16 R- 6,7,8,9,10,11,12,20,21,24</p>	<p>Mental Health & Wellbeing <i>B&H PSHE Team</i> <i>Mental Health & Wellbeing Lessons</i> Exploring concepts of MH&WB, big feelings; 5 ways to well-being: Power of kindness x3 lessons KS1 H- 1,3,11,12,13,14,15,16,17,18,19</p>	<p>Good to be me <i>B&H PSHE TEAM</i> <i>GTBM Lessons</i> Focus on Identity and belonging – exploring race and ethnicity x2 lessons KS1 H14, H15,H21,H22, R- 23,25 L- 4,5,6</p>	<p>Relationships (SEAL) Explore feelings of jealousy and coping strategies; explore ways to feel better when you feel hurt without hurting others. x2 lessons KS1 H- 11,12,13,14,15,16,18,19</p>	<p>Changes & Moving Forward Human timelines, natural changes and changes we can make ourselves</p> <p>Going for Goals Knowing about different and own preferred learning style , setting a goal, avoiding distractions x3 lessons KS1 H- 11,12,13,14,15,16,18,19,20,24,27</p>
	<p>Protective Behaviours <i>B&H PSHE Team</i> <i>Feeling Good</i> <i>Feeling Safe</i> x4 lessons KS1 H11,12,13,14,15,16,18,19 R- 5,13,14,15,16,17,18,19,20</p>	<p>Health & Drugs Education- B&H PSHE Team <i>Keeping Healthy & safe-</i> Healthy and unhealthy choices, Medicine safety x3 lessons KS1 H- 1,2,3,5,6,10,28,29,31,33,37</p>	<p>Gender -B&H PSHE team <i>Toys: Challenging Gender Stereotypes</i> x2 lessons KS1 R- 21,23,25, L- 4,6, Money Management (taught as part of maths) KS1 L- 6,10,11,12,13 Online Safety (taught through Computing) <i>BEEM LINK</i> KS1</p>	<p>Gypsy Roma Traveller education (GRT) <i>B&H PSHE Team Kushti Atchin Tan</i> x3 lessons KS1 H- 11,12,13,14,15, R- 3,4,10,11,12,20,21,22,23 L- 6</p>	<p>Global Citizenship Identity and belonging including: Similarities and differences in our school community x2 lessons R- 21,22,23,24,25 L- 4,5,6</p>	<p>Relationships, Sex & Health Education including family diversity <i>B&H PSHE team</i> <i>RSE lessons</i> x3 lessons KS1 H- 1,2,3,4,17,20,25,26 R- 1,2,3,13,23</p>

			H- 1,2,3,5,6,10,28,29,31, 33,37			
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Year group	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 2	<p>New beginnings (SEAL) Class charter and how to include everybody x2 lessons Democracy school council x1 lesson (link to geography) KS1 L- 1,4,5 R- 10,11,12,21,22,24,25</p>	<p>Getting on and falling out (SEAL) Seeing others points of view, working with others skills x3 lessons Say no to bullying B&H PSHE Team Anti bullying week x2 lessons KS1: H- 11,12,13,14,15,16 R- 6,7,8,9,10,11,12, 20,21, 24</p>	<p>Mental Health & Wellbeing Exploring concepts of MH&WB, big feelings; 5 ways to well-being; Importance of sleep B&H PSHE Team Mental Health & Wellbeing Lessons x4 lessons KS1 H- 1,3,4,9,11,1,21,31,4,1 5,16,1,7,18,18</p>	<p>Good to be me B&H PSHE Team GTBM Lessons Focus on Identity and belonging – exploring race and ethnicity x2 lessons KS1 H- 14, 15, 21,22, 23, R- 23,25 L- 4,5,6</p>	<p>Relationships Explore love and feeling cared for; and explore loss and coping strategies H1.5 B&H PSHE team Loss & Bereavement Lessons x2 lessons KS1 H- 11,12,13,14,15,16,18, 19,20,33 R- 5,20</p>	<p>Changes & Moving Forward Understanding what a habit is and how to change them, Going for goals Setting realistic goals, x2 lessons KS1 H- 11,12,13,14,15,16,18, 19,20, 24, 27</p>
	<p>Protective Behaviours - B&H PSHE Team Feeling Good Feeling Safe x4 lessons KS1 H- 11,12,13,14,15,16,18 ,19 R- 5,13,14,15,16,17,18, 19,20</p>	<p>Health & Drugs Education B&H PSHE Team Keeping Healthy & safe Healthy choices and Safety at home and in the community KS1 H- 1,3,5,6,10,28,29,30,31 ,33,37 x3 lessons Healthy Eating (taught through science, PE & DT) H- 1,2</p>	<p>Careers & Gender KS1 R21,23,25 L15,16,17 x2 lessons Money Management KS1 R- 23 L- 6,10,11,12,13 Online Safety (taught through Computing) KS1 H- 28, 34, R- 10,12,17,20,21,22,L- 7,8,9</p>	<p>Disability Equality Education- B&H PSHE Team Nothing About Me Without Me Lessons x3 lessons KS1 H- 11,12,13,14,15,22, 23 R- 3,4,6,7,10,11,12,20, 21,22,23,24 L- 6</p>	<p>Global citizenship Including: my community and Multicultural Britain E1.4, R1.8 x2 lessons KS1 R- 21,22,23, L- 4,5,6</p>	<p>Relationships, Sex & Health Education B&H PSHE Team RSE lessons x3 lessons KS1 H- 3,17,21,22, 25,26 R- 6,7,13,17,23,25</p>

Year group	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 3	<p>New beginnings (SEAL) Class charter; welcoming and valuing others x2 lessons</p> <p>Democracy school council x1 lesson KS2 R- 31,32,33,34 L- 1,2,3,3,5,6</p>	<p>Getting on and falling out (SEAL) Recognising your triggers, how the body responds to anger, calming down strategies and win win solutions. x3 lessons KS2 R- 10,11,13,14,17</p> <p>Say no to bullying <i>B&H PSHE Team</i> <i>Anti bullying week</i> x2 lessons KS2 R- 19,20,21</p>	<p>Mental Health & Wellbeing Exploring concepts of MH&WB, big feelings; 5 ways to well-being: Developing a 'strong mind'- resilience <i>B&H PSHE Team</i> <i>Mental Health & Wellbeing Lessons</i> x3 lessons KS2 H- 14,15,16,17,18,21,22</p>	<p>Good to be me <i>Good to be me</i> <i>B&H GTBM Lessons</i> Focus on Identity and belonging – exploring race and ethnicity – challenging prejudice x2 lessons KS2 H- 25,27,28,21,32 R- 19,20,21 L- 8,9,10</p>	<p>Relationships (SEAL) Exploring shame, guilt and making amends. x2 lessons KS2 R- 17,18,19,20,21,24</p>	<p>Changes & Moving Forward Different types of changes, coping with difficult feelings about changes, KS2 H- 17,18,19,20,35,36 R23,24 Going for goals Taking responsibility for own behaviour and learning, setting a goal and planning how to achieve it. KS2 L- 25,26,28,31, x2 lessons</p>
	<p>Protective Behaviours - <i>B&H PSHE Team</i> <i>Feeling Good</i> <i>Feeling Safe</i> KS2 H- 17,18,19,20,21 R- 22, 24, 25, 26, 27, 28, 29 x4 lessons</p>	<p>Online Safety (taught through Computing) KS2 H- 37,42 R- 12,20,22,23,24,26,29, 30,31, L- 11,12,13,16</p>	<p>Gender- Gender Identity & stereotyping <i>B&H PSHE team</i> <i>Be who you are lessons</i> x2 lessons KS2 H- 25,26,27,28 R- 11,15,19,20,21,32,33 Money Management (taught as part of maths) KS2 L- 17,18,19,20,21,22</p>	<p>Drugs & Alcohol Education -<i>B&H PSHE Team</i> <i>Keeping Healthy & safe-</i> Safety and risk in everyday medicines and drugs KS2 H- 1,2,3,4,5,7,15,16,38,39,40, 41,46,47,48 R- 15 x3 lessons Healthy Eating (taught through science, PE & DT) KS2 H- 1,2,3,4,5,6,</p>	<p>Global Citizenship Being a global citizen KS2 R- 32,33,34 L- 6,7,8 x3 lessons (link to geography)</p>	<p>Relationships, Sex & Health Education <i>B&H PSHE team</i> <i>RSE lessons including Family Diversity</i> KS2 H- 30, R- 1,5,6,7,8,9,10,11,1,14, 15,16,17, 18 x4 lessons</p>

Year group	Autumn term 1	Autumn term 2		Spring term 2	Summer term 1	Summer term 2
Year 4	<p>New beginnings (SEAL) Rights and responsibilities in school, coping with new situations x2 lessons KS2 L- 1,3,4,6,7</p> <p>Democracy school council x1 lesson KS2 L- 1,2</p>	<p>Getting on and falling out (SEAL) Not losing your cool- regulating your emotions and group work skills x3 lessons KS2 R- 10,11,13,14,15,16, 17,18</p> <p>Say no to bullying <i>B&H PSHE Team</i> <i>Anti bullying week</i> x2 lessons KS2 R- 19, 20, 21</p>	<p>Mental Health & Wellbeing <i>B&H PSHE Team</i> <i>Mental Health & Wellbeing Lessons</i> Exploring concepts of MH&WB, big feelings; 5 ways to well-being: Notice, including mindfulness x3 lessons KS2 H- 14,15,16,17,18,19,20 ,21,22</p>	<p>Good to be me -B&H GTBM Lessons Focus on Identity and belonging – exploring race and ethnicity – challenging prejudice x1 lesson KS2 H- 25,27,28,21,32 R- 19,20,21 L- 2, 6, 7,8, 9, 10</p> <p>B&H PSHE Team Poverty Proofing Lessons x2 lessons KS2 L- 17,18,20</p>	<p>Relationships Exploring Loss and coping strategies - <i>B&H PSHE team</i> Loss & Bereavement x2 lessons KS2 H- 17,18,19,20,23,24</p>	<p>Changes & Moving Forward Coping with unwanted changes, giving and asking for help x1 lesson</p> <p>Going for goals Identifying barriers, setting goals to overcome barriers, giving and accepting advice x1 lesson</p> <p>KS2 H- 24, 29,36 L- 25</p>
	<p>Protective Behaviours - B&H PSHE Team <i>Feeling Good Feeling Safe</i> x4 lessons KS2 H- 17,18,19,20,21 R- 22,24,25,26,27,28,29</p>	<p>Money Management (taught as part of maths) KS2 L- 17,18,21</p> <p>Online Safety (taught through Computing) KS2 H- 37,42 R- 11,12,15,18,19,20,22, 23,24,27,28,29,30,31 L- 11,12,13,14,15,16</p>	<p>Disability Equality Education -B&H PSHE Team <i>Nothing About Me Without Me Lessons</i> x4 lessons KS2 R- 20,21,32 L- 2,3,4,6,8.9,10</p>	<p>Drugs & Alcohol Education -B&H PSHE Team <i>Keeping Healthy & safe-</i> Healthy & unhealthy choices, Tobacco education x3 lessons KS2 H- 1,2,3,4,5,6,10, 38, 39,40,41,43,44,46,47, 48,49, 50</p> <p>Healthy Eating (taught through science, PE & DT) KS2 H1,2,3,4,6,11</p>	<p>Global Citizenship- B&H PSHE Team <i>Refugee Education</i> x3 lessons KS2 L- 2,8,9,10, R- 21,32 ,33</p>	<p>Relationships, Sex & Health Education -B&H PSHE team <i>RSE lessons</i> KS2 x4 lessons H- 14,17,18,19,20,21,24, 26,27,28,30,31,32,33, 34,35 R- 1,3,5,6,7,8,9,10,11,13 ,14,15,16,17,18,19,20 ,21,29,31,32,33 L8,9,10,25</p>

Year group	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 5	<p>New beginnings Understanding how to learn well together and to compromise. Coping with uncomfortable feelings. x2 lessons L- 3,4,5,7</p> <p>Democracy Understanding the rule of law and school council x1 lesson KS2 L- 1,2</p>	<p>Getting on and falling out Appreciating friendships and trying not to demand too much. Taking responsibility, resolving conflicts peacefully. x3 lessons KS2 R- 10,11,13,14,15,16,17, 18</p> <p>Say no to bullying <i>B&H PSHE Team</i> <i>Anti bullying week</i> x2 lessons KS2 R- 19,20,21</p>	<p>Mental Health & Wellbeing <i>B&H PSHE Team</i> <i>Mental Health & Wellbeing Lessons</i> Exploring concepts of MH&WB, the ups and downs of mental health; sleep and bedtime routines;5 ways to well-being: active x3 lessons KS2 H- 1,2,3,4,7,8,13,15, 16,19,20</p>	<p>Good to be me <i>Good to be me</i> <i>B&H GTBM Lessons</i> Focus on Identity and belonging – exploring race and ethnicity – challenging prejudice x2 lessons KS2 H- 25,27,28,21,32 R- 19,20,21 L- 2,6,7,8, 9,10</p>	<p>Relationships- <i>B&H PSHE Team</i> <i>Kushti Atchin Tan</i> <i>Gypsy Roma traveller education (GRT)</i> x3 lessons KS2 R- 19, 20, 21, 31,32 L- 1,2, 6, 7,8,9,10</p>	<p>Changes & Moving Forward Common responses to change, feeling insecure and unconfident, recognising our 'sore spots' KS2 H- 18,19,20,24,36</p> <p>Going for goals Knowing the skills of a good learner and identifying areas for development in myself KS2 H- 29 L- 25,26,27,2,8,29,30,31, 32 x2 lessons</p>
	<p>Protective Behaviours - <i>B&H PSHE Team</i> <i>Feeling Good</i> <i>Feeling Safe</i> x4 lessons KS2 H- 17,18,19,20,21 R- 22,24,25,26,27,28,29</p>	<p>Money Management (taught as part of maths KS2 L- 18,19,20,21,22</p> <p>Online Safety (taught through Computing) KS2 H- 37,42 R- 11,12,15,18,19,20,22, 23,24, 27, 28, 29, 30, 31 L- 11,12,13,14,15,16</p>	<p>Gender- <i>B&H PSHE Team Like A Child lessons</i> Challenging stereotypes x3 lessons KS2 R- 19,20,21,31,32 L- 1,2, 6, 7,8,9,10</p>	<p>Drugs & Alcohol Education- <i>B&H PSHE Team Keeping Healthy & safe-</i> Alcohol education & the influence of the media x3 lessons KS2 H- 1,2,3,4,5,6,10, 38, 39,40,41,43,44,46,47, 48,49, 50</p>	<p>Global Citizenship- <i>B&H Team Anti-Racism Lessons</i> KS2 x3 lessons R- 19, 20,21, 31,32 L- 1,2, 6, 7,8,9,10</p>	<p>Relationships, Sex & Health Education- <i>B&H PSHE team RSE lessons</i> x4 lessons KS2 H- 9,14,17,18,19,20,21,24 ,26,27,28,30,31,32,33, 34,35 R- 1,2,3,5,6,7,8,9,10,11,1 3,14,15,16,17,18,19,20 ,21,29,31,32,33 L- 8,9,10,25</p>

Year group	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 6	<p>New beginnings Understanding responsibilities in school; managing anxiety and stress and calming down strategies. x2 lessons KS2 L- 3,4,5,7</p> <p>Democracy Understanding the rule of law and school council x1 lesson KS2 L- 1,2</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 x3 lessons KS2 R- 10,11,13,14,15,16,17, 18</p> <p>Say no to bullying <i>B&H PSHE Team</i> <i>Anti bullying week</i> x2 lessons KS2 R- 19,20,21</p>	<p>Mental Health & Wellbeing <i>B&H PSHE Team</i> <i>Mental Health & Wellbeing Lessons</i> Exploration of mental health; including depression and anxiety, coping strategies and when to get help 5 ways to well-being: notice, with a focus on gratitude x4 lessons KS2 H- 13,14,15,16,18,19,20, 21,22,25</p>	<p>Good to be me <i>Good to be me</i> <i>B&H GTBM Lessons</i> Focus on Identity and belonging – exploring race and ethnicity – challenging prejudice x2 lessons KS2 H- 25,27,28,21,32 R- 19,20,21 L- 2,6,7,8, 9,10</p>	<p>Relationships <i>B&H PSHE team</i> <i>Loss & Bereavement Lessons</i> Explore Loss and coping strategies. x2 lessons KS2 H- 17,19,20,21,23,24</p>	<p>Changes & Moving Forward Moving On- coping with a change of school KS2 H- 18,19,20,24,36 x2 lessons</p> <p>Going for goals Working toward long term goals, careers and aspirations, taking the first steps KS2 H- 29 L- 25,26,27,28,29,30, 31,32</p> <p>x1 lesson</p>

	<p>Protective Behaviours B&H PSHE Team <i>Feeling Good</i> <i>Feeling Safe</i> x4 lessons KS2 R- 22,24,25,26,27,28,29 H- 17,18,19,20,21</p>	<p>Money Management (taught as part of maths) KS2 L- 18,19,20,21,22</p> <p>Online Safety (taught through Computing) KS2 R- 11,12,15,18,19,20,22,23,24, 27, 28, 29, 30,31 L- 11,12,13,14,15,16 H37, 42</p>	<p>LBGT equality education B&H PSHE Team <i>LGBT History & Equality Lessons</i> x2 lessons KS2 L- 1,2, 6,7,8,9,10 R- 19,20,21,31,32 H- 25,26</p>	<p>Drugs &Alcohol Education- B&H PSHE Team Keeping Healthy & safe- Legal & illegal drugs, peer pressure and getting help x3 lessons KS2 H- 1,2,3,4,5,6,10,38,39,40,41,43,44,46,47,48,49, 50</p>	<p>Global Citizenship x3 lessons KS2 R- 19,20,21 L- 6,8,9,10,11,</p>	<p>RSHE- B&H PSHE team RSE lessons KS2 H- 9,14,17,18,19,20,21,24,26,27,28,30,31,32,33, 34,35 R- 1,2,3,5,6,7,8,9,10,11,13,14,15,16,17,18,19,20,21,29,31,32,33 L- 8,9,10,25 x4 lessons</p>
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