

PSHE curriculum map

At Burlington Personal, Social, Health Education is at the heart of what we do. As a whole-school approach we underpin children's development as well-rounded members of society, who can make a positive contribution to their community. We believe that this also supports their learning capacity and enables them to make responsible and well-informed decisions in their lives. We value the importance of PSHE to support children's development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

	Autumn (Me and my world / celebrating differences)	Spring (Dreams and goals / Healthy me)	Summer (Relationships / Changing me)	Key Vocabulary
Nursery	<p>Know that we all belong to the same class and that we have similarities and differences</p> <p>Understand how feeling happy and sad can be expressed</p> <p>Know that I can work together with others and can consider their feelings</p> <p>Know how to use kind hands and understand that it is good to be kind to people</p> <p>Understand how actions affect others</p> <p>Know how it feels to be proud of something I am good at</p> <p>Tell you one way I am special and unique.</p> <p>Know that all families are different</p> <p>Know there are lots of different houses and homes</p> <p>Tell you how I could make new friends</p>	<p>Understand to never give up and keep trying until I can do something</p> <p>Set a goal and work towards it</p> <p>Use some kind words</p> <p>Think about the jobs I would like to do when I am older</p> <p>Know some body parts.</p> <p>Know what the word 'healthy' means and that some foods are healthier than others</p> <p>Know how to help myself go to sleep and that sleep is good for me.</p> <p>Wash my hands and know it is important to do this before I eat and after I go to the toilet</p> <p>Know what to do if I get lost and how to say NO to strangers</p>	<p>Name people in my family</p> <p>Understand how to make friends if I feel lonely</p> <p>Know what to do/say to make friends with people and if someone is mean to me</p> <p>Talk about my feelings and ways I can manage them</p> <p>Say how I am a good friend and what makes others good friends</p> <p>Name parts of my body</p> <p>Say what I can do to help me be healthy</p> <p>Understand that we all start as babies and grow into children and then adults</p> <p>Talk about how I feel moving to School from Nursery</p> <p>Recall some fun things about Nursery this year</p>	<p>Safe</p> <p>Rules</p> <p>Fair</p> <p>friends</p> <p>sad</p> <p>happy</p> <p>choice</p> <p>family</p> <p>kind hands</p> <p>kind feet</p> <p>body</p> <p>touch</p> <p>feel</p>
Reception	<p>Know that we all belong to the same class and have similarities but are also unique</p> <p>Understand why myself and others might be feeling happy or sad</p>	<p>Understand that if I persevere I can tackle challenges</p> <p>Set a goal and work towards it and name a time when I didn't achieve my goal</p> <p>Use kind words to encourage people</p>	<p>Talk about my family members and their likes/activities/jobs</p> <p>Know how to help myself and others not feel lonely</p>	<p>Belong</p> <p>same</p> <p>different</p> <p>Praise</p> <p>Reward</p> <p>Safe</p> <p>Hopes</p>

	<p>Know that I am a part of my class and how I can take responsibility to look after it and others</p> <p>Know how to use kind hands and why it is good to be kind to people</p> <p>Understand why we have class rules and what they are</p> <p>Tell you different rights and responsibilities they have</p> <p>Identify something I am good at and understand everyone is good at different things</p> <p>Understand that being different makes us all special</p> <p>Know we are all different but the same in some ways</p> <p>Tell you why I think my home is special to me</p> <p>Tell you how to be a kind friend</p> <p>Know which words to use to stand up for myself when someone says or does something unkind</p>	<p>Understand the link between what I learn and the jobs I might do when I am older</p> <p>Describe how I feel when I achieve a goal and know what it means to be proud</p> <p>Understand that I need to exercise to keep my body healthy</p> <p>Understand how moving and resting are good for my body.</p> <p>Know which foods are healthy and not so healthy and can make healthy eating choices</p> <p>Know how to help myself go to sleep and understand why sleep is good for me.</p> <p>Wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet</p> <p>Know what a stranger is and how to stay safe if a stranger approaches me</p>	<p>Think of ways to solve problems and stay friends</p> <p>Begin to understand the impact of unkind words</p> <p>Know what makes me angry and things I can do to help myself calm down</p> <p>Know how to be a good friend</p> <p>Label parts of the body and say what some parts do</p> <p>Say some things I can do and foods I can eat to be happy and healthy</p> <p>Understand that we all grow from babies to adults and talk about how we will change</p> <p>Express how I feel about moving to Year 1</p> <p>Talk about my worries and/or the things I am looking forward to about being in Year 1</p> <p>Share memories of the best bits of this year in Reception</p>	<p>Worries special Lonely Boys Girls proud Calm Healthy Unhealthy Sleep exercise Clean Body parts Friendship Caring Sharing Like Dislike Change Life cycle Baby adult</p>
Year 1	<p>Describe what makes me feel safe and special</p> <p>Identify what things help me to learn best</p> <p>Collaborate with the class to come up with rules for good learning</p> <p>Share when I have felt proud and why</p> <p>Reflect on consequences of actions</p> <p>Explain why my class is a happy and safe place to learn</p> <p>Compare similarities and differences of me and people in my class and write about ways in which I am the same and different to my friends.</p> <p>Identify the key features of bullying.</p> <p>Know who I could talk to if I was feeling unhappy or being bullied - be kind to children who are bullied</p> <p>Know how to make new friends -know how it feels to make a new friend</p>	<p>Design a success coin and discuss how proud I feel of my success</p> <p>Reflect on the steps needed to achieve your goal</p> <p>Design a well showing their goal</p> <p>Express feelings having been set a challenge and reflect how you kept going and achieved your goal</p> <p>Decide if statements are healthy or unhealthy - identify the healthy lifestyle choices they make</p> <p>Sort household items into safe and unsafe</p> <p>Describe what happens when they feel poorly.</p> <p>Identify when / where you feel safe.- practise how to cross a road safely.</p> <p>Record their understanding of healthy and unhealthy lifestyles.</p>	<p>Reflect on the members of my family and recognise there are different types of families</p> <p>Discuss and sort qualities that make a good friend</p> <p>Decide what physical contact is acceptable/unacceptable</p> <p>Act out how to ask for help</p> <p>Identify ways that I am incredible</p> <p>Identify who is special to me and write why they are special</p> <p>Order life cycles of animals and humans</p> <p>Recall how I have changed from a baby</p> <p>Write about some of the changes in me since being a baby</p>	<p>Similar Different Belonging Special Rights Responsible dreams Consequences Positive Negative Proud Actions Co-operate Value Male Female Difference Stand up for Help Kind Unkind Feelings special Success Celebrate Achievement Goal challenge</p>

			<p>Identify the parts of the body that make boys different to girls</p> <p>Reflect on what I've learned that has helped me to grow</p> <p>Record changes in my life and how they made me feel</p>	<p>teamwork</p> <p>Persevere</p> <p>Healthy choices</p> <p>Lifestyle</p> <p>friendship</p> <p>qualities</p> <p>Helpful</p> <p>Community</p> <p>Confidence</p> <p>Self-belief</p> <p>Celebrate</p> <p>Relationships</p> <p>Special</p> <p>Appreciate</p> <p>Adult</p> <p>Male</p> <p>Female</p> <p>Growing up</p> <p>Anxious</p> <p>penis, testicles, vagina, vulva, anus</p>
Year 2	<p>Share worries and reflect on ways to cope with them</p> <p>Discuss what rights I have at school</p> <p>Describe ways I can be responsible in my class/at school</p> <p>Explain rewards for certain actions</p> <p>Decide on fair consequences for certain actions</p> <p>Create a poster that shows class rules in action</p> <p>Design their own similarity shield with 4 things that they have in common and 4 things that are different.</p> <p>Discuss similarities and differences between boys and girls, thinking about stereotypes and assumptions</p> <p>Answer the question, "Why do you think the bullying is happening in each of the scenarios?"</p> <p>Write down feelings a person may have if they are being bullied</p> <p>Decide what someone who is being bullied could do</p> <p>Record answers to summative assessment</p>	<p>List challenges and decide which realistic challenge to attempt</p> <p>Choose steps needed to achieve their challenge/goal</p> <p>Complete challenge/goal and explain what they have learnt</p> <p>Create an imaginary bird to live in a garden of dreams in a team</p> <p>Record their thoughts and feelings about the bird task</p> <p>Discuss their healthy lifestyle choices and suggest ways to say motivated.</p> <p>Choose foods to show a balanced diet</p> <p>Justify why their snack is healthy.</p> <p>Describe feeling calm and relaxed and different levels of this feeling</p> <p>Articulate 2 ways they can be safe when taking medicine.</p>	<p>Decide what makes a home a happy place</p> <p>Record thoughts on touch they like/dislike and why</p> <p>Identify about 1 thing that might cause conflict between friends and choose ways friendship could be mended</p> <p>Explain why a secret is a worry secret and suggest what to do next</p> <p>Identify who I can trust and why</p> <p>Reflect on problem solving techniques learned</p> <p>Describe how a person/animal changes in a life cycle</p> <p>Write 2 things I respect about an older person</p> <p>Create a timeline and identify what I can do at different ages</p> <p>Reflect on differences between boys and girls</p> <p>Identify 2 types of touch I like and share what to do if a touch is hurtful/frightening</p>	<p>unique</p> <p>Responsibilities</p> <p>Fears</p> <p>Achievement</p> <p>Rewards</p> <p>Different</p> <p>Similarities</p> <p>Diversity</p> <p>Fairness</p> <p>Kindness</p> <p>Assumptions</p> <p>Stereotypes</p> <p>Realistic</p> <p>Process</p> <p>Obstacle</p> <p>Stepping stones</p> <p>Relax/Relaxation</p> <p>Tense</p> <p>Dangerous</p> <p>Medicines</p> <p>Balanced diet</p> <p>Portion</p> <p>Hygienic</p> <p>Energy</p> <p>Fuel</p> <p>Nutritious</p> <p>Motivation</p> <p>Mature</p> <p>Physical</p> <p>Appearance</p> <p>Vagina</p> <p>Vulva</p> <p>Penis</p> <p>Testicles</p>

			List thoughts and feelings about themselves getting older and next year	Anus
--	--	--	--	------