

## 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	Spring	Summer	Key Vocabulary
Nursery	<p><b><u>Me and my world</u></b></p> <ul style="list-style-type: none"> <li>• <b>Know</b> that we all belong to the same class and that we have similarities and differences</li> <li>• <b>Understand</b> how feeling happy and sad can be expressed</li> <li>• <b>Know</b> that I can work together with others and can consider their feelings</li> <li>• <b>Know</b> how to use kind hands and understand that it is good to be kind to people</li> <li>• <b>Understand</b> how actions affect others</li> </ul> <p><b><u>Celebrating differences</u></b></p> <ul style="list-style-type: none"> <li>• <b>Know</b> how it feels to be proud of something I am good at</li> <li>• <b>Tell</b> you one way I am special and unique.</li> <li>• <b>Know</b> that all families are different</li> <li>• <b>Know</b> there are lots of different houses and homes</li> <li>• <b>Tell</b> you how I could make new friends</li> </ul>	<p><b><u>Dreams and goals</u></b></p> <ul style="list-style-type: none"> <li>• <b>Understand</b> to never give up and keep trying until I do something</li> <li>• <b>Set</b> a goal and work towards it</li> <li>• <b>Use</b> some kind words</li> <li>• <b>Think</b> about the jobs I would like to do when I am older</li> </ul> <p><b><u>Healthy me</u></b></p> <ul style="list-style-type: none"> <li>• <b>Know</b> some body parts.</li> <li>• <b>Know</b> what the word 'healthy' means and that some foods are healthier than others</li> <li>• <b>Know</b> how to help myself go to sleep and that sleep is good for me.</li> <li>• <b>Wash</b> my hands and know it is important to do this before I eat and after I go to the toilet</li> <li>• <b>Know</b> what to do if I get lost and how to say NO to strangers</li> </ul>	<p><b><u>Relationships</u></b></p> <ul style="list-style-type: none"> <li>• <b>Name</b> people in my family</li> <li>• <b>Understand</b> how to make friends if I feel lonely</li> <li>• <b>Know</b> what to do/say to make friends with people and if someone is mean to me</li> <li>• <b>Talk</b> about my feelings and ways I can manage them</li> <li>• <b>Say</b> how I am a good friend and what makes others good friends</li> </ul> <p><b><u>Changing me</u></b></p> <ul style="list-style-type: none"> <li>• <b>Name</b> parts of my body</li> <li>• <b>Say</b> what I can do to help me be healthy</li> <li>• <b>Understand</b> that we all start as babies and grow into children and then adults</li> <li>• <b>Talk</b> about how I feel moving to School from Nursery</li> <li>• <b>Recall</b> some fun things about Nursery this year</li> </ul>	<p>Safe Rules Fair friends sad happy choice family kind hands kind feet body touch feel</p>
Reception	<p><b><u>Me and my world</u></b></p> <ul style="list-style-type: none"> <li>• <b>Know</b> that we all belong to the same class and have similarities but are also unique</li> <li>• <b>Understand</b> why myself and others might be feeling happy or sad</li> <li>• <b>Know</b> that I am a part of my class and how I can take responsibility to look after it and others</li> <li>• <b>Know</b> how to use kind hands and why it is good to be kind to people</li> </ul>	<p><b><u>Dreams and goals</u></b></p> <ul style="list-style-type: none"> <li>• <b>Understand</b> that if I persevere I can tackle challenges</li> <li>• <b>Set</b> a goal and work towards it and name a time when I didn't achieve my goal</li> <li>• <b>Use</b> kind words to encourage people</li> <li>• <b>Understand</b> the link between what I learn and the jobs I might do when I am older</li> <li>• <b>Describe</b> how I feel when I achieve a goal and know what it means to be proud</li> </ul>	<p><b><u>Relationships</u></b></p> <ul style="list-style-type: none"> <li>• <b>Talk</b> about my family members and their likes/activities/jobs</li> <li>• <b>Know</b> how to help myself and others not feel lonely</li> <li>• Think of ways to <b>solve</b> problems and stay friends</li> <li>• <b>Begin</b> to understand the impact of unkind words</li> <li>• <b>Know</b> what makes me angry and things I can do to help myself calm down</li> <li>• <b>Know</b> how to be a good friend</li> </ul>	<p>Belong same different Praise Reward Safe Hopes Worries special Lonely Boys</p>

	<ul style="list-style-type: none"> <li>• <b>Understand</b> why we have class rules and what they are</li> <li>• <b>Tell</b> you different rights and responsibilities they have</li> <li>• <b>Identify</b> something I am good at and understand everyone is good at different things</li> </ul> <p><u>Celebrating differences</u></p> <ul style="list-style-type: none"> <li>• <b>Understand</b> that being different makes us all special</li> <li>• <b>Know</b> we are all different but the same in some ways</li> <li>• <b>Tell</b> you why I think my home is special to me</li> <li>• <b>Tell</b> you how to be a kind friend</li> <li>• <b>Know</b> which words to use to stand up for myself when someone says or does something unkind</li> </ul>	<p><u>Healthy me</u></p> <ul style="list-style-type: none"> <li>• <b>Understand</b> that I need to exercise to keep my body healthy</li> <li>• <b>Understand</b> how moving and resting are good for my body.</li> <li>• <b>Know</b> which foods are healthy and not so healthy and can make healthy eating choices</li> <li>• <b>Know</b> how to help myself go to sleep and</li> <li>• <b>Understand</b> why sleep is good for me.</li> <li>• <b>Wash</b> my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet</li> <li>• <b>Know</b> what a stranger is and how to stay safe if a stranger approaches me</li> </ul>	<p><u>Changing me</u></p> <ul style="list-style-type: none"> <li>• <b>Label</b> parts of the body and say what some parts do</li> <li>• <b>Say</b> some things I can do and foods I can eat to be happy and healthy</li> <li>• <b>Understand</b> that we all grow from babies to adults and talk about how we will change</li> <li>• <b>Express</b> how I feel about moving to Year 1</li> <li>• <b>Talk</b> about my worries and/or the things I am looking forward to about being in Year 1</li> <li>• <b>Share</b> memories of the best bits of this year in Reception</li> </ul>	<p>Girls proud Calm Healthy Unhealthy Sleep exercise Clean Body parts Friendship Caring Sharing Like Dislike Change Life cycle Baby adult</p>
<p>Year 1</p>	<p><u>Me and my world</u></p> <ul style="list-style-type: none"> <li>• <b>Describe</b> what makes me feel safe and special</li> <li>• <b>Identify</b> what things help me to learn best</li> <li>• <b>Collaborate</b> with the class to come up with rules for good learning</li> <li>• <b>Share</b> when I have felt proud and why</li> <li>• <b>Reflect</b> on consequences of actions</li> <li>• <b>Explain</b> why my class is a happy and safe place to learn</li> </ul> <p><u>Celebrating differences</u></p> <ul style="list-style-type: none"> <li>• <b>Compare</b> similarities and differences of me and people in my class and <b>write</b> about ways in which I am the same and different to my friends.</li> <li>• <b>Identify</b> the key features of bullying.</li> <li>• <b>Know</b> who I could talk to if I was feeling unhappy or being bullied - be kind to children who are bullied</li> <li>• <b>Know</b> how to make new friends -know how it feels to make a new friend</li> </ul>	<p><u>Dreams and goals</u></p> <ul style="list-style-type: none"> <li>• <b>Design</b> a success coin and discuss how proud I feel of my success</li> <li>• <b>Reflect</b> on the steps needed to achieve your goal</li> <li>• <b>Design</b> a well showing their goal</li> <li>• <b>Express</b> feelings having been set a challenge and <b>reflect</b> how you kept going and achieved your goal</li> </ul> <p><u>Healthy me</u></p> <ul style="list-style-type: none"> <li>• <b>Decide</b> if statements are healthy or unhealthy - <b>identify</b> the healthy lifestyle choices they make</li> <li>• <b>Sort</b> household items into safe and unsafe</li> <li>• <b>Describe</b> what happens when they feel poorly.</li> <li>• <b>Identify</b> when / where you feel safe.- practise how to <b>cross</b> a road safely.</li> <li>• <b>Record</b> their understanding of healthy and unhealthy lifestyles.</li> </ul>	<p><u>Relationships</u></p> <ul style="list-style-type: none"> <li>• <b>Reflect</b> on the members of my family and recognise there are different types of families</li> <li>• <b>Discuss</b> and <b>sort</b> qualities that make a good friend</li> <li>• <b>Decide</b> what physical contact is acceptable/unacceptable</li> <li>• <b>Act out</b> how to ask for help</li> <li>• <b>Identify</b> ways that I am incredible</li> <li>• <b>Identify</b> who is special to me and <b>write</b> why they are special</li> </ul> <p><u>Changing me</u></p> <ul style="list-style-type: none"> <li>• <b>Order</b> life cycles of animals and humans</li> <li>• <b>Recall</b> how I have changed from a baby</li> <li>• <b>Write</b> about some of the changes in me since being a baby</li> <li>• <b>Identify</b> the parts of the body that make boys different to girls</li> <li>• <b>Reflect</b> on what I've learned that has helped me to grow</li> <li>• <b>Record</b> changes in my life and how they made me feel</li> </ul>	<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 teamwork Persevere healthy choices Lifestyle friendship qualities Helpful Community Confidence</p>

				Self-belief Celebrate Relationships Special Appreciate Adult Male Female Growing up Anxious penis, testicles, vagina, vulva, anus
Year 2	<p><b>Me and my world</b></p> <ul style="list-style-type: none"> <li>• <b>Share</b> worries and <b>reflect</b> on ways to cope with them</li> <li>• <b>Discuss</b> what rights I have at school</li> <li>• <b>Describe</b> ways I can be responsible in my class/at school</li> <li>• <b>Explain</b> rewards for certain actions</li> <li>• <b>Decide</b> on fair consequences for certain actions</li> <li>• <b>Create</b> a poster that shows class rules in action</li> </ul> <p><b>Celebrating differences</b></p> <ul style="list-style-type: none"> <li>• <b>Design</b> their own similarity shield with 4 things that they have in common and 4 things that are different.</li> <li>• <b>Discuss</b> similarities and differences between boys and girls, thinking about stereotypes and assumptions</li> <li>• <b>Answer</b> the question, "Why do you think the bullying is happening in each of the scenarios?"</li> <li>• <b>Write</b> down feelings a person may have if they are being bullied</li> <li>• <b>Decide</b> what someone who is being bullied could do</li> <li>• <b>Record</b> answers to summative assessment</li> </ul>	<p><b>Dreams and goals</b></p> <ul style="list-style-type: none"> <li>• <b>List</b> challenges and <b>decide</b> which realistic challenge to attempt</li> <li>• <b>Choose</b> steps needed to achieve their challenge/goal</li> <li>• <b>Complete</b> challenge/goal and <b>explain</b> what they have learnt</li> <li>• <b>Create</b> an imaginary bird to live in a garden of dreams in a team</li> <li>• <b>Record</b> their thoughts and feelings about the bird task</li> </ul> <p><b>Healthy me</b></p> <ul style="list-style-type: none"> <li>• <b>Discuss</b> their healthy lifestyle choices and <b>suggest</b> ways to stay motivated.</li> <li>• <b>Choose</b> foods to show a balanced diet</li> <li>• <b>Justify</b> why their snack is healthy.</li> <li>• <b>Describe</b> feeling calm and relaxed and different levels of this feeling</li> <li>• <b>Articulate</b> 2 ways they can be safe when taking medicine.</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>• <b>Decide</b> what makes a home a happy place</li> <li>• <b>Record</b> thoughts on touch they like/dislike and why</li> <li>• <b>Identify</b> about 1 thing that might cause conflict between friends and <b>choose</b> ways friendship could be mended</li> <li>• <b>Explain</b> why a secret is a worry secret and <b>suggest</b> what to do next</li> <li>• <b>Identify</b> who I can trust and why</li> <li>• <b>Reflect</b> on problem solving techniques learned</li> </ul> <p><b>Changing me</b></p> <ul style="list-style-type: none"> <li>• <b>Describe</b> how a person/animal changes in a life cycle</li> <li>• <b>Write</b> 2 things I respect about an older person</li> <li>• <b>Create</b> a timeline and <b>identify</b> what I can do at different ages</li> <li>• <b>Reflect</b> on differences between boys and girls</li> <li>• <b>Identify</b> 2 types of touch I like and <b>share</b> what to do if a touch is hurtful/frightening</li> <li>• <b>List</b> thoughts and feelings about themselves getting older and next year</li> </ul>	unique Responsibilities Fears Achievement Rewards Different Similarities Diversity Fairness Kindness Assumptions Stereotypes Realistic Process Obstacle Stepping stones Relax/Relaxation Tense Dangerous Medicines Balanced diet Portion Hygienic Energy Fuel Nutritious Motivation Mature Physical Appearance Vagina Vulva Penis Testicles Anus