



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p><u>Religious Understanding</u> Handmade with Love We are created individually by God as part of His creation plan</p> <p>We are all God's children and are special</p> <p>Our bodies were created by God and are good</p> <p>We can give thanks to God!</p> <p>God is love That God is love: Father, Son and Holy Spirit</p> <p>That being made in His image means being called to be loved and to love others</p> <p><u>Me, My Body and My Health</u> I am me We are each unique, with individual gifts, talents and skills.</p> <p>Whilst we all have similarities because we are made in God's image, difference is part of God's plan!</p> <p>Heads, Shoulders Knees and Toes Our bodies are good and made by God</p>	<p><u>Emotional Well Being</u> I like, you like, we all like That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)</p> <p>That it is natural for us to relate to and trust one another</p> <p>Good feelings, bad feelings A language to describe their feelings</p> <p>An understanding that everyone experiences feelings, both good and bad</p> <p>Simple strategies for managing feelings</p> <p>Let's get real Simple strategies for managing emotions and behaviour</p> <p>That we have choices and these choices can impact how we feel and respond.</p>	<p><u>Personal Relationships</u> Who's Who To identify special people (e.g. parents, carers, friends) and what makes them special</p> <p>The importance of the nuclear family and of the wider family</p> <p>The importance of being close to and trusting of 'special people' and telling them is something is troubling them</p> <p>You've got a friend in me How their behaviour affects other people and that there is appropriate and inappropriate behaviour</p> <p>The characteristics of positive and negative relationships</p> <p>About different types of teasing and that all bullying is wrong and unacceptable</p> <p>Forever friends To recognise when they have been unkind to others and say sorry.</p>	<p>Religious Education and PSED Focus</p>	<p><u>Keeping Safe</u> Safe inside and out About safe and unsafe situations indoors and outdoors, including online.</p> <p>That they can ask for help from their special people.</p> <p>My body, my rules To know they are entitled to bodily privacy</p> <p>That they can and should be open with 'special people' they trust if anything troubles them</p> <p>That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and our parish priest</p> <p>Feeling poorly Medicines should only be taken when a parent or doctor gives them to us.</p>	<p><u>Economic Wellbeing: Money</u> What is money?</p> <p><u>Economic Wellbeing: Aspirations, Work and Career</u> Jobs help people to earn money to pay for things</p> <p>Journey in Love</p>



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

<p>The names of the parts of the body (not genitalia)</p> <p style="text-align: center;">Ready Teddy</p> <p>That our bodies are good and we need to look after them</p> <p>What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene</p> <p style="text-align: center;"><u>Living in the Wider World</u> Me, You, Us</p> <p>That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community</p> <p>That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc.</p> <p>That we have a duty of care for others and for the world we live in (charity work, recycling, etc.)</p> <p>About what harms and what improves the world in which they live</p> <p style="text-align: center;">Loving God, loving others</p> <p>What a community is, and that God calls us to live in community with one another</p> <p>Some Scripture illustrating the importance of living in a community</p>	<p>We can say sorry and forgive like Jesus</p> <p style="text-align: center;"><u>Life cycles</u></p> <p style="text-align: center;">Growing up</p> <p>That there are natural life stages from birth to death and what these are</p>	<p>That when we are unkind, we hurt God and should say sorry.</p> <p>To recognise when people are being unkind to them and others and how to respond.</p> <p>That we should forgive like Jesus forgives.</p> <p style="text-align: center;"><u>Media Literacy and digital resilience</u></p> <p>The role of the internet in everyday life</p> <p>Not all information seen online is true</p> <p>Internet Safety Week</p>		<p>Medicines are not sweets.</p> <p>We should always try to look after our bodies because God created them and gifted them to us.</p> <p style="text-align: center;">People who help us</p> <p>There are lots of jobs designed to help us.</p> <p>Paramedics help us in a medical emergency.</p> <p>First Aid can be used in non-emergency situations, as well as whilst waiting for an ambulance</p>	
---	---	---	--	--	--



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	No matter how small our offerings, they are valuable to God and He can use them for His glory.					
--	--	--	--	--	--	--

As children change and grow; their level of engagement will increase as they develop their social, moral, cultural and spiritual awareness and understanding. It is for this reason that within some Year groups, some topics will be revisited from the previous year, using extended activities, to ensure that the learning is embedded and that children build upon what they have previously learned



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p><u>Religious Understanding</u> Handmade with Love We are created individually by God as part of His creation plan</p> <p>We are all God's children and are special</p> <p>Our bodies were created by God and are good</p> <p>We can give thanks to God!</p> <p>God is love That God is love: Father, Son and Holy Spirit</p> <p>That being made in His image means being called to be loved and to love others</p> <p><u>Me, My Body and My Health</u> I am me We are each unique, with individual gifts, talents and skills.</p> <p>Whilst we all have similarities because we are made in God's image, difference is part of God's plan!</p> <p>Heads, Shoulders Knees and Toes</p>	<p><u>Emotional Well Being</u> I like, you like, we all like That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)</p> <p>That it is natural for us to relate to and trust one another</p> <p>Good feelings, bad feelings A language to describe their feelings</p> <p>An understanding that everyone experiences feelings, both good and bad</p> <p>Simple strategies for managing feelings</p> <p>Let's get real Simple strategies for managing emotions and behaviour</p> <p>That we have choices and these choices can impact how we feel and respond.</p> <p>We can say sorry and forgive like Jesus</p> <p><u>Life cycles</u> Growing up</p>	<p><u>Personal Relationships</u> Who's Who To identify special people (e.g. parents, carers, friends) and what makes them special</p> <p>The importance of the nuclear family and of the wider family The importance of being close to and trusting of 'special people' and telling them is something is troubling them</p> <p>You've got a friend in me How their behaviour affects other people and that there is appropriate and inappropriate behaviour</p> <p>The characteristics of positive and negative relationships</p> <p>About different types of teasing and that all bullying is wrong and unacceptable</p>	<p>Religious Education and PSED Focus</p>	<p><u>Keeping Safe</u> Safe inside and out About safe and unsafe situations indoors and outdoors, including online.</p> <p>That they can ask for help from their special people.</p> <p>My body, my rules To know they are entitled to bodily privacy</p> <p>That they can and should be open with 'special people' they trust if anything troubles them</p> <p>That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and our parish priest</p> <p>Feeling poorly Medicines should only be taken when a parent or doctor gives them to us. Medicines are not sweets. We should always try to look after our bodies because God created them and gifted them to us.</p>	<p><u>Economic Wellbeing: Money</u> What is money?</p> <p><u>Economic Wellbeing: Aspirations, Work and Career</u> Jobs help people to earn money to pay for things</p> <p>Journey in Love</p>



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	<p>Our bodies are good and made by God The names of the parts of the body (not genitalia)</p> <p style="text-align: center;">Ready Teddy</p> <p>That our bodies are good and we need to look after them</p> <p>What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene</p> <p style="text-align: center;"><u>Living in the Wider World</u> Me, You, Us</p> <p>That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community</p> <p>That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc.</p> <p>That we have a duty of care for others and for the world we live in (charity work, recycling, etc.)</p> <p>About what harms and what improves the world in which they live</p> <p style="text-align: center;">Loving God, loving others</p>	<p>That there are natural life stages from birth to death and what these are</p>	<p style="text-align: center;">Forever friends</p> <p>To recognise when they have been unkind to others and say sorry. That when we are unkind, we hurt God and should say sorry. To recognise when people are being unkind to them and others and how to respond. That we should forgive like Jesus forgives.</p> <p style="text-align: center;"><u>Media Literacy and digital resilience</u></p> <p>The role of the internet in everyday life</p> <p>Not all information seen online is true</p> <p>Internet Safety Week</p>		<p style="text-align: center;">People who help us</p> <p>There are lots of jobs designed to help us.</p> <p>Paramedics help us in a medical emergency.</p> <p>First Aid can be used in non-emergency situations, as well as whilst waiting for an ambulance</p>	
--	--	--	--	--	--	--



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	<p>What a community is, and that God calls us to live in community with one another</p> <p>Some Scripture illustrating the importance of living in a community</p> <p>No matter how small our offerings, they are valuable to God and He can use them for His glory.</p>					
--	--	--	--	--	--	--



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year One	<p><u>Religious Understanding</u> Let the children come We are created individually by God</p> <p>God wants us to talk to Him often through the day and treat Him as our best friend</p> <p>God has created us, his children, to know, love and serve Him in this life and forever - this is our purpose and goal and will bring us true happiness</p> <p>We are created as a unity of body, mind and spirit: who we are matters and what we do matters</p> <p>We can give thanks to God in different ways.</p> <p><u>Emotional Well being</u> Feelings, likes and dislikes That it is natural for us to relate to and trust one another</p> <p>That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)</p> <p>A language to describe our feelings</p>	<p><u>Religious Understanding</u> God loves you We are part of God's family</p> <p>Saying sorry is important and can mend friendships</p> <p>Jesus cared for others and had expectations of them and how they should act</p> <p>We should love other people in the same way God loves us.</p> <p><u>Personal Relationships</u> Special People To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special</p> <p>The importance of nuclear and wider family</p> <p>The importance of being close to and trusting special people and telling them if something is troubling them.</p> <p>Treat others well How their behaviour affects other people, and that there is appropriate and inappropriate behaviour</p>	<p><u>Keeping Safe</u> Being safe To understand safe and unsafe situations, including online.</p> <p>Good secrets and bad secrets The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them</p> <p>How to resist pressure when feeling unsafe.</p> <p>Physical contact To know that they are entitled to bodily privacy</p> <p>That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest.</p> <p>Harmful Substances</p>	<p><u>Religious Understanding</u> Three in one That God is love: Father, Son and Holy Spirit</p> <p>That being made in his image means being called to be loved and to love others.</p> <p>Who is my neighbour To know what a community is, and that God calls us to live in community with one another</p> <p>A scripture illustrating the importance of living in community as a consequence of this; Jesus' teaching on who is my neighbour.</p> <p><u>Living in the wider world</u> The communities we live in That they belong to various communities such as home, school, parish, the wider local</p>	<p><u>Economic Wellbeing: Money</u> What is money? What forms that money come in; that money comes from different sources</p> <p><u>Economic Wellbeing: Aspirations, Work and Career</u> Different jobs that people they know or people who work in the community do</p> <p><u>Life Cycles</u> The cycle of Life Children will know and appreciate that there are natural life stages from birth to death, and what these are.</p>	<p><u>Me, My Body and My Health</u> I am unique To learn that we are unique, with individual gifts, talents and skills.</p> <p>Girls and Boys Our bodies are good</p> <p>The names of the parts of our bodies (please refer to the Module Overview for important guidance on discussing genitalia)</p> <p>Girls and boys have been created by God to be both similar and different - these differences are physical, emotional and spiritual and together make up the richness of the human family.</p> <p>Our bodies are good and we need to look after them What constitutes a healthy lifestyle, including physical</p>



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	<p>Feelings inside out Children will have a basic understanding that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character.</p> <p>Super Susie gets angry Simple strategies for managing feelings and for good behaviour</p> <p>That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they do</p> <p>That Jesus died on the cross so that we would be forgiven.</p>	<p>The characteristics of positive and negative relationships</p> <p>Different types of teasing and that all bullying is wrong and unacceptable.</p> <p>....and say sorry To recognise when they have been unkind and say sorry</p> <p>To recognise when people are being unkind to them and others and how to respond</p> <p>To know that when we are unkind to others, we hurt God also and should say sorry to him as well</p> <p>To know that we should forgive like Jesus forgives.</p>	<p>Medicines are drugs, but not all drugs are good for us.</p> <p>Alcohol and tobacco are harmful substances.</p> <p>Our bodies are created by God, so we should take care of them and be careful about what we consume.</p> <p>Can you help me? They should call 999 in an emergency and ask for ambulance, police and/or fire brigade</p> <p>If they require medical help but it is not an emergency, basic first aid should be used instead of calling 999.</p> <p>Some basic principles of First Aid</p> <p>Media Literacy and digital resilience Not all information seen online is true</p> <p>Internet Safety Week</p>	<p>community, nation and global community</p> <p>That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc</p> <p>That we have a duty of care for others and for the world we live in (charity work, recycling etc.)</p> <p>About what harms and what improves the world in which we live.</p> <p>Shared Responsibilities What rules are and why are they needed?</p> <p>How people have different needs and the responsibilities of caring for them</p> <p>What can you do to look after the environment?</p>	<p>activity, dental health and healthy eating</p> <p>Clean and healthy The importance of sleep, rest and recreation for our health</p> <p>How to maintain personal hygiene.</p> <p>Journey in Love</p>
--	---	---	---	--	--



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Two	<p style="text-align: center;"><u>Religious Understanding</u> Let the children come</p> <p>We are created individually by God</p> <p>God wants us to talk to Him often through the day and treat Him as our best friend</p> <p>God has created us, his children, to know, love and serve Him in this life and forever - this is our purpose and goal and will bring us true happiness</p> <p>We are created as a unity of body, mind and spirit: who we are matters and what we do matters</p> <p>We can give thanks to God in different ways.</p> <p style="text-align: center;"><u>Emotional Well being</u> Feelings, likes and dislikes</p> <p>That it is natural for us to relate to and trust one another</p> <p>That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)</p> <p>A language to describe our feelings</p> <p style="text-align: center;"><u>Feelings inside out</u> Children will have a basic understanding that feelings and</p>	<p style="text-align: center;"><u>Religious Understanding</u> God loves you</p> <p>We are part of God's family</p> <p>Saying sorry is important and can mend friendships</p> <p>Jesus cared for others and had expectations of them and how they should act</p> <p>We should love other people in the same way God loves us.</p> <p style="text-align: center;"><u>Personal Relationships</u> Special People</p> <p>To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special</p> <p>The importance of nuclear and wider family</p> <p>The importance of being close to and trusting special people and telling them if something is troubling them.</p> <p style="text-align: center;"><u>Treat others well</u> How their behaviour affects other people, and that there is appropriate and inappropriate behaviour</p>	<p style="text-align: center;"><u>Keeping Safe</u> Being safe</p> <p>To understand safe and unsafe situations, including online.</p> <p style="text-align: center;"><u>Good secrets and bad secrets</u></p> <p>The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them</p> <p>How to resist pressure when feeling unsafe.</p> <p style="text-align: center;"><u>Physical contact</u></p> <p>To know that they are entitled to bodily privacy</p> <p>That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest.</p> <p style="text-align: center;"><u>Harmful Substances</u></p> <p>Medicines are drugs, but not all drugs are good for us.</p>	<p style="text-align: center;"><u>Religious Understanding</u> Three in one</p> <p>That God is love: Father, Son and Holy Spirit</p> <p>That being made in his image means being called to be loved and to love others.</p> <p style="text-align: center;"><u>Who is my neighbour</u></p> <p>To know what a community is, and that God calls us to live in community with one another</p> <p>A scripture illustrating the importance of living in community as a consequence of this; Jesus' teaching on who is my neighbour.</p> <p style="text-align: center;"><u>Living in the wider world</u> The communities we live in</p> <p>That they belong to various communities such as home, school, parish, the wider local community, nation and global community</p>	<p style="text-align: center;"><u>Economic Wellbeing</u></p> <p>What is money? What forms that money come in; that money comes from different sources</p> <p>People make different choices about how to save and spend</p> <p style="text-align: center;"><u>Economic Wellbeing: Aspirations, Work and Career</u></p> <p>About some of the strengths and interest someone might need to do different jobs</p> <p style="text-align: center;"><u>Life Cycles</u> The cycle of Life</p> <p>Children will know and appreciate that there are natural life stages from birth to death, and what these are.</p>	<p style="text-align: center;"><u>Me, My Body and My Health</u> I am unique</p> <p>To learn that we are unique, with individual gifts, talents and skills.</p> <p style="text-align: center;"><u>Girls and Boys</u> Our bodies are good</p> <p>The names of the parts of our bodies</p> <p>Girls and boys have been created by God to be both similar and different - these differences are physical, emotional and spiritual and together make up the richness of the human family.</p> <p>Our bodies are good and we need to look after them</p> <p>What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating</p> <p style="text-align: center;"><u>Clean and healthy</u></p> <p>The importance of sleep, rest and recreation for our health</p>



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	<p>actions are two different things, and that our good actions can 'form' our feelings and our character.</p> <p>Super Susie gets angry Simple strategies for managing feelings and for good behaviour</p> <p>That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they do</p> <p>That Jesus died on the cross so that we would be forgiven. Shared Responsibilities What can you do to look after the environment?</p>	<p>The characteristics of positive and negative relationships</p> <p>Different types of teasing and that all bullying is wrong and unacceptable.</p> <p>....and say sorry To recognise when they have been unkind and say sorry</p> <p>To recognise when people are being unkind to them and others and how to respond</p> <p>To know that when we are unkind to others, we hurt God also and should say sorry to him as well</p> <p>To know that we should forgive like Jesus forgives</p>	<p>Alcohol and tobacco are harmful substances.</p> <p>Our bodies are created by God, so we should take care of them and be careful about what we consume.</p> <p>Can you help me? They should call 999 in an emergency and ask for ambulance, police and/or fire brigade</p> <p>If they require medical help but it is not an emergency, basic first aid should be used instead of calling 999.</p> <p>Some basic principles of First Aid</p> <p>Media Literacy and digital resilience Not all information seen online is true</p> <p>How to assess the reliability of sources of information online and how to make safe reliable choices from search results</p> <p>Internet Safety Week</p>	<p>That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc</p> <p>That we have a duty of care for others and for the world we live in (charity work, recycling etc.)</p> <p>About what harms and what improves the world in which we live.</p> <p>Communities The different roles and responsibilities people have in their community</p> <p>Shared Responsibilities What rules are and why are they needed?</p> <p>How people have different needs and the responsibilities of caring for them</p>		<p>How to maintain personal hygiene.</p> <p>Journey in Love</p>
--	---	--	---	--	--	--



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Three	<p><u>Religious Understanding</u> Get Up We are created individually by God who is Love, designed in His own image and likeness</p> <p>God made us with the desire to be loved and to love and 'to make a difference': each of us has a specific purpose (vocation)</p> <p>Every human life is precious from the beginning of life (conception) to natural death</p> <p>Personal and communal prayer and worship are necessary ways of growing in our relationship with God</p> <p>In Baptism God makes us His adopted children and 'receivers' of His love; by receiving the Sacrament of Reconciliation, we develop good habits (grow in human virtue</p> <p>;</p> <p>It is important to make a nightly examination of conscience.</p> <p><u>Personal Relationships</u> Friends, family and others Ways to maintain and develop good, positive, trusting relationships</p>	<p><u>Life Cycles</u> Life Cycles That they were handmade by God with the help of their parents</p> <p>How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception</p> <p>How conception and life in the womb fits into the cycle of life</p> <p>That throughout their lives human beings act at three integrated levels: physical, psychological and spiritual.</p> <p><u>Religious Understanding</u> Jesus, my friend That Jesus loves, embraces, guides, forgives and reconciles us with him and one another</p> <p>The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness</p> <p>That relationships take time and effort to sustain</p>	<p><u>Keeping Safe</u> Sharing online To recognise that their increasing independence brings increased responsibility to keep themselves and others safe</p> <p>How to use technology safely</p> <p>That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others</p> <p>How to report and get help if they encounter inappropriate materials or messages.</p> <p><u>Chatting online</u> How to use technology safely</p> <p>That bad language and bad behaviour are inappropriate</p> <p>That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others</p>	<p><u>Religious Understanding</u> A community of love God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'</p> <p>The human family is to reflect the Holy Trinity in mutual charity and generosity.</p> <p><u>What is the Church?</u> That the human family is to reflect the Holy Trinity in mutual charity and generosity</p> <p>The Church family comprises of home, school and parish (which is part of the diocese).</p> <p><u>Shared Responsibilities</u> Recognising the reasons for rules</p>	<p><u>Living in the Wider World</u> How do I love others? To know that God wants His Church to love and care for others.</p> <p>To devise practical ways of loving and caring for others.</p> <p><u>Economic Wellbeing: Money</u> Different ways to pay for things and the choices people have about this</p> <p>Saving and spending money – what influences people's decisions; what makes something value for money</p> <p><u>Economic Wellbeing: Aspirations, Work and Career</u> Positive things about you and your achievements; how to set goals to achieve personal outcomes</p> <p>There are a broad range of jobs/careers that people can have and you can have more than one</p>	<p><u>Me, My Body and My Health</u> Respecting our bodies Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community; Self-confidence arises from being loved by God (not status, etc).</p> <p>We don't have to be the same About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do</p> <p style="text-align: center;">Journey In Love</p>



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	<p>strategies to use when relationships go wrong</p> <p>That there are different types of relationships including those between acquaintances, friends, relatives and family</p> <p>That good friendship is when both persons enjoy each other's company and also want what is truly best for the other</p> <p>The difference between a group of friends and a 'clique'.</p> <p>When things feel bad Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying;</p> <p>Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.</p>	<p>We reflect God's image in our relationships with others this is intrinsic to who we are and to our happiness.</p> <p><u>Emotional Well Being</u> What am I feeling? That emotions change as they grow up (including hormonal effects)</p> <p>To deepen their understanding of the range and intensity of their feeling that 'feelings' are not good guides for action</p> <p>What emotional well-being means</p> <p>Positive actions help emotional well-being (beauty, art, etc. lift the spirit)</p> <p>Talking to trusted people help emotional well-being (eg parents/carer/teacher/parish priest).</p> <p>What am I looking at? To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</p> <p>I am Thankful</p>	<p>How to report and get help if they encounter inappropriate materials or messages.</p> <p>Safe in my body To judge well what kind of physical contact is acceptable or unacceptable and how to respond; That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest.</p> <p>Drugs, Alcohol and Tobacco Medicines are drugs, but not all drugs are good for us.</p> <p>Alcohol and tobacco are harmful substances. Our bodies are created by God, so we should take care of them and be careful about what we consume.</p> <p>First aid heroes In an emergency, it is important to remain calm.</p> <p>Quick reactions in an emergency can save a life.</p> <p>Children can help in an emergency using their First Aid knowledge.</p>	<p>and laws and consequences of not adhering to them</p> <p><u>Communities</u> How do I value the contributions that people and groups make to the community</p> <p>Diversity - what is it? The value of diversity within communities</p>	<p>careers/type of job in your life</p>	
--	---	---	---	--	---	--



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

		<p>Some behaviour is wrong, unacceptable, unhealthy and risky;</p> <p>Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.</p>	<p><u>Media Literacy and digital resilience</u></p> <p>How to assess the reliability of sources of information online and how to make safe reliable choices from search results</p> <p>Internet Safety Week</p>			
--	--	--	---	--	--	--



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Four	<p style="text-align: center;"><u>Religious Understanding</u> Get Up</p> <p>We are created individually by God who is Love, designed in His own image and likeness</p> <p>God made us with the desire to be loved and to love and 'to make a difference': each of us has a specific purpose (vocation)</p> <p>Every human life is precious from the beginning of life (conception) to natural death</p> <p>Personal and communal prayer and worship are necessary ways of growing in our relationship with God</p> <p>In Baptism God makes us His adopted children and 'receivers' of His love; by receiving the Sacrament of Reconciliation, we develop good habits (grow in human virtue ;</p> <p>It is important to make a nightly examination of conscience.</p> <p style="text-align: center;"><u>Personal Relationships</u> Friends, family and others</p> <p>Ways to maintain and develop good, positive, trusting relationships</p>	<p style="text-align: center;"><u>Life Cycles</u> Life Cycles</p> <p>That they were handmade by God with the help of their parents</p> <p>How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception</p> <p>How conception and life in the womb fits into the cycle of life</p> <p>That throughout their lives human beings act at three integrated levels: physical, psychological and spiritual.</p> <p style="text-align: center;"><u>Religious Understanding</u> Jesus, my friend</p> <p>That Jesus loves, embraces, guides, forgives and reconciles us with him and one another</p> <p>The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness</p>	<p style="text-align: center;"><u>Keeping Safe</u> Sharing online</p> <p>To recognise that their increasing independence brings increased responsibility to keep themselves and others safe</p> <p>How to use technology safely</p> <p>That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others</p> <p>How to report and get help if they encounter inappropriate materials or messages.</p> <p style="text-align: center;"><u>Chatting online</u></p> <p>How to use technology safely</p> <p>That bad language and bad behaviour are inappropriate</p> <p>That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do</p>	<p style="text-align: center;"><u>Religious Understanding</u> A community of love</p> <p>God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'</p> <p>The human family is to reflect the Holy Trinity in mutual charity and generosity.</p> <p style="text-align: center;"><u>What is the Church?</u></p> <p>That the human family is to reflect the Holy Trinity in mutual charity and generosity</p> <p>The Church family comprises of home, school and parish (which is part of the diocese).</p> <p style="text-align: center;"><u>Shared Responsibilities</u></p> <p>The relationship between rights and responsibilities</p> <p style="text-align: center;"><u>Communities</u></p>	<p style="text-align: center;"><u>Living in the Wider World</u> How do I love others?</p> <p>To know that God wants His Church to love and care for others.</p> <p>To devise practical ways of loving and caring for others.</p> <p style="text-align: center;"><u>Economic Wellbeing</u></p> <p>Spending decisions can affect others and the environment (fair trade etc)</p> <p>Why people make spending decisions based on priorities, needs and wants</p> <p style="text-align: center;"><u>Economic Wellbeing: Aspirations, Work and Career</u></p> <p>What might influence people's decisions about a job or career</p> <p>Stereotypes in the workplace and how aspirations should not be limited to them</p>	<p style="text-align: center;"><u>Me, My Body and My Health</u> Respecting our bodies</p> <p>Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community; Self-confidence arises from being loved by God (not status, etc).</p> <p style="text-align: center;"><u>We don't have to be the same</u></p> <p>About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do</p> <p style="text-align: center;"><u>What is Puberty</u></p> <p>Learn what the term puberty means</p> <p>Learn when they can expect puberty to take place</p> <p>Understand that puberty is part of God's plan for our bodies.</p> <p style="text-align: center;"><u>Changing bodies</u></p> <p>Learn correct naming of genitalia</p>



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	<p>strategies to use when relationships go wrong</p> <p>That there are different types of relationships including those between acquaintances, friends, relatives and family</p> <p>That good friendship is when both persons enjoy each other's company and also want what is truly best for the other</p> <p>The difference between a group of friends and a 'clique'.</p> <p>When things feel bad Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying;</p> <p>Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.</p> <p><u>Emotional Well Being</u> What am I feeling? That emotions change as they grow up (including hormonal effects)</p> <p>To deepen their understanding of the range and intensity of their feeling that 'feelings' are not good guides for action</p>	<p>That relationships take time and effort to sustain</p> <p>We reflect God's image in our relationships with others this is intrinsic to who we are and to our happiness.</p>	<p>can be good or bad for us and others</p> <p>How to report and get help if they encounter inappropriate materials or messages.</p> <p>Safe in my body To judge well what kind of physical contact is acceptable or unacceptable and how to respond; That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest.</p> <p>Drugs, Alcohol and Tobacco Medicines are drugs, but not all drugs are good for us.</p> <p>Alcohol and tobacco are harmful substances. Our bodies are created by God, so we should take care of them and be careful about what we consume.</p> <p>First aid heroes</p>	<p>Stereotypes – strategies for challenging stereotypes</p> <p>Prejudice – how to recognise and ways of responding to it if witnessed of experienced.</p>	<p>Learn what changes will happen to boys during puberty Learn what changes will happen to girls during puberty.</p> <p style="text-align: center;">Journey in Love</p>
--	---	--	--	---	--



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	<p>What emotional well-being means</p> <p>Positive actions help emotional well-being (beauty, art, etc. lift the spirit)</p> <p>Talking to trusted people help emotional well-being (eg parents/carer/teacher/parish priest).</p> <p>What am I looking at? To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</p> <p>I am Thankful Some behaviour is wrong, unacceptable, unhealthy and risky;</p> <p>Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.</p>		<p>In an emergency, it is important to remain calm.</p> <p>Quick reactions in an emergency can save a life.</p> <p>Children can help in an emergency using their First Aid knowledge.</p> <p><u>Media Literacy and digital resilience</u> How to assess the reliability of sources of information online and how to make safe reliable choices from search results</p> <p>How information is ranked, selected and targeted at specific individuals and that connected devices can share information</p> <p>Internet Safety Week</p>			
--	--	--	---	--	--	--



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Five	<p><u>Religious Understanding</u> Calming the storm We were created individually by God who cares for us and wants us to put our faith in Him.</p> <p>Physically becoming an adult is a natural phase of life.</p> <p>Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!</p> <p><u>Me, my body, my health</u> Gifts and talents Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community;</p> <p>Self-confidence arises from being loved by God (not status, etc).</p> <p><u>Religious Understanding</u> The Trinity Children will know that God is Trinity - a community of persons</p>	<p><u>Emotional Wellbeing</u> Body Image To recognise that images in the media do not always reflect reality and can affect how people feel about themselves</p> <p>That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media</p> <p><u>Peculiar feelings</u> To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action.</p> <p>That some behaviour is wrong, unacceptable, unhealthy or risky.</p> <p><u>Emotional Changes</u> Emotions change as they grow up (including hormonal effects)</p> <p>To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action</p>	<p><u>Keeping Safe</u> Sharing isn't always caring To recognise that their increasing independence brings increased responsibility to keep themselves and others safe.</p> <p>How to use technology safely.</p> <p>That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others.</p> <p>How to report and get help if they encounter inappropriate materials or messages</p> <p><u>Cyberbullying</u> What the term cyberbullying means and examples of it</p> <p>What cyberbullying feels like for the victim</p> <p>How to get help if they experience cyberbullying.</p> <p><u>Types of abuse</u> To judge well what kind of physical contact is acceptable or unacceptable and how to respond.</p>	<p><u>Religious Understanding</u> Is God calling you? To know that God calls us to love others.</p> <p>To know ways in which we can participate in God's call to us.</p> <p><u>Personal Relationships</u> Under pressure Pressure comes in different forms, and what those different forms are</p> <p>There are strategies that they can adopt to resist pressure.</p> <p><u>Do you want a piece of cake?</u> Understand what consent and bodily autonomy means; Discuss and reflect on different scenarios in which it is right to say 'no'.</p> <p><u>Self Talk</u> Learn about how thoughts and feelings impact on actions, and</p>	<p><u>Economic Wellbeing: Money</u> Different ways to keep track of money</p> <p>Risks associated with money and ways of keeping money safe</p> <p><u>Economic Wellbeing: Aspirations, Work and Career</u> Some jobs are paid more than others; money is only one factor that influences career choices; why do voluntary work</p> <p>Skills that will help you in your future careers e.g. teamwork, communication and negotiation</p>	<p><u>Life Cycles</u> Making babies Part 1 How a baby grows and develops in its mother's womb</p> <p><u>Menstruation</u> About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life</p> <p>Some practical help on how to manage the onset of menstruation.</p> <p><u>Me, my body, my health</u> Girls' bodies That human beings are different to other animals</p> <p>About the unique growth and development of humans, and the changes that girls will experience during puberty</p> <p>About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately</p> <p>The need for modesty and appropriate boundaries.</p> <p><u>Boys' bodies</u></p>



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

<p>Children will know that the Church is the Body of Christ -</p> <p>Catholic Social Teaching Children will develop a deeper understanding of Catholic Social Teaching, so that pupils are growing to be</p> <p>Just, understanding that the way we live has an impact on others locally, nationally and globally</p> <p>Self-giving, able to put aside their own wants for the common good, serving all of humanity and caring for creation</p> <p>Equipped to calmly stand up for their faith, for friends and their community and for victims of injustice</p>	<p>About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.</p> <p>Seeing stuff online The difference between harmful and harmless videos and images</p> <p>The impact that harmful videos and images can have on young minds</p> <p>Ways to combat and deal with viewing harmful videos and images</p> <p><u>Living in the Wider World</u> Reaching Out Pupils will learn to apply the principles of Catholic Social Teaching to current issues.</p> <p>Pupils will find ways in which they can spread God's love in their community.</p>	<p>That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests.</p> <p>Impacted lifestyles Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body.</p> <p>Learn how to make good choices about substances that will have a positive impact on their health.</p> <p>Know that our bodies are created by God, so we should take care of them and be careful about what we consume.</p> <p>Making good choices Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco Learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies</p> <p>Giving assistance</p>	<p>develop strategies that will positively impact their actions</p> <p>Apply this approach to personal friendships and relationships</p>	<p>That human beings are different in kind to other animals</p> <p>About the unique growth and development of humans, and the changes that boys will experience during puberty</p> <p>About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately</p> <p>The need for modesty and appropriate boundaries.</p> <p>Spots and sleep How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.</p> <p><u>Shared Responsibilities</u> Protecting the environment in school and at home – how everyday choices can affect the environment.</p> <p>Journey In Love</p>
--	---	---	--	--



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

			<p>The recovery position can be used when a person is unconscious but breathing.</p> <p>DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance.</p> <p><u>Media Literacy and digital resilience</u></p> <p>How to assess the reliability of sources of information online and how to make safe reliable choices from search results</p> <p>How information is ranked, selected and targeted at specific individuals and that connected devices can share information</p> <p>Internet Safety Week</p>			
--	--	--	--	--	--	--



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Six	<p><u>Religious Understanding</u> Calming the storm We were created individually by God who cares for us and wants us to put our faith in Him.</p> <p>Physically becoming an adult is a natural phase of life.</p> <p>Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!</p> <p><u>Emotional Wellbeing</u> Body Image To recognise that images in the media do not always reflect reality and can affect how people feel about themselves</p> <p>That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media</p> <p><u>Peculiar feelings</u> To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action.</p> <p>That some behaviour is wrong, unacceptable, unhealthy or risky.</p>	<p><u>Keeping Safe</u> Sharing isn't always caring To recognise that their increasing independence brings increased responsibility to keep themselves and others safe.</p> <p><u>How to use technology safely.</u> That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others.</p> <p>How to report and get help if they encounter inappropriate materials or messages</p> <p><u>Cyberbullying</u> What the term cyberbullying means and examples of it</p> <p>What cyberbullying feels like for the victim</p> <p>How to get help if they experience cyberbullying.</p> <p><u>Types of abuse</u> To judge well what kind of physical contact is acceptable or unacceptable and how to respond.</p> <p>That there are different people we can trust for help, especially those closest to us who care for us,</p>	<p><u>Religious Understanding</u> Is God calling you? To know that God calls us to love others.</p> <p>To know ways in which we can participate in God's call to us.</p> <p><u>Media Literacy and digital resilience</u> How information is ranked, selected and targeted at specific individuals and that connected devices can share information</p> <p>How text and images in the media/social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misrepresentation</p> <p><u>Internet Safety Week</u></p> <p><u>Economic Wellbeing: Aspirations, Work and Career, Gambling</u></p>	<p><u>Religious Understanding</u> The Trinity Children will know that God is Trinity - a community of persons</p> <p>Children will know that the Church is the Body of Christ</p> <p><u>Catholic Social Teaching</u> Children will develop a deeper understanding of Catholic Social Teaching, so that pupils are growing to be:</p> <p>Just, understanding that the way we live has an impact on others locally, nationally and globally</p> <p>Self-giving, able to put aside their own wants for the common good, serving all of humanity and caring for creation</p> <p>Equipped to calmly stand up for their faith, for friends and</p>	<p><u>Me, my body, my health</u> Gifts and talents Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community;</p> <p>Self-confidence arises from being loved by God (not status, etc).</p> <p><u>Girls' bodies</u> That human beings are different to other animals</p> <p>About the unique growth and development of humans, and the changes that girls will experience during puberty</p> <p>About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately</p> <p>The need for modesty and appropriate boundaries.</p>	<p><u>Life Cycles</u> Making babies Part 1 How a baby grows and develops in its mother's womb</p> <p><u>Making babies Part 2</u> Basic scientific facts about sexual intercourse between a man and woman</p> <p>The physical, emotional, moral and spiritual implications of sexual intercourse</p> <p>The Christian viewpoint that sexual intercourse should be saved for marriage.</p> <p><u>Menstruation</u> About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life</p> <p>Some practical help on how to manage the onset of menstruation.</p> <p><u>Hope Beyond Death</u> What 'death' means</p>



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	<p>Emotional Changes Emotions change as they grow up (including hormonal effects)</p> <p>To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action</p> <p>About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.</p> <p>Seeing stuff online The difference between harmful and harmless videos and images</p> <p>The impact that harmful videos and images can have on young minds</p> <p>Ways to combat and deal with viewing harmful videos and images</p> <p>Personal Relationships Under pressure Pressure comes in different forms, and what those different forms are</p> <p>There are strategies that they can adopt to resist pressure.</p> <p>Do you want a piece of cake? Understand what consent and bodily autonomy means; Discuss and reflect on different scenarios in which it is right to say 'no'.</p>	<p>including parents, teachers and priests.</p> <p>Impacted lifestyles Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body.</p> <p>Learn how to make good choices about substances that will have a positive impact on their health.</p> <p>Know that our bodies are created by God, so we should take care of them and be careful about what we consume</p> <p>Making good choices Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco Learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies</p> <p>Giving assistance The recovery position can be used when a person is unconscious but breathing.</p> <p>DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance.</p>	<p>What kind of job would you like to do when you are older?</p> <p>How to recognise a variety of routes into careers e.g. college, apprenticeship, university</p> <p>The risks involved in gambling; different ways money can be won or lost; the impact on health, wellbeing and future aspirations</p> <p>Identifying ways that money can impact on people's feelings and emotions</p>	<p>their community and for victims of injustice</p> <p>Living in the Wider World Reaching Out Pupils will learn to apply the principles of Catholic Social Teaching to current issues.</p> <p>Pupils will find ways in which they can spread God's love in their community.</p> <p>Shared Responsibilities Protecting the environment in school and at home – how everyday choices can affect the environment.</p>	<p>Boys' bodies That human beings are different in kind to other animals</p> <p>About the unique growth and development of humans, and the changes that boys will experience during puberty</p> <p>About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately</p> <p>The need for modesty and appropriate boundaries.</p> <p>Spots and sleep How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.</p>	<p>About some feelings often connected with grief</p> <p>What the Christian faith says about death and eternal life</p> <p>Some ways to support themselves and others when they are grieving.</p> <p>Journey In Love</p>
--	---	--	---	---	---	---



St Mary's Catholic Primary School and Nursery PSHE Curriculum Map 2023-2024

	<p>Self Talk Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions</p> <p>Apply this approach to personal friendships and relationships</p> <p>Build Others Up Learn about prejudice, bullying and discrimination: what they mean and how to challenge them.</p> <p>Learn about protected characteristics from the Equality Act 2010 such as race, age and disability.</p> <p>Understand that everyone is made in the image of God, loved unconditionally by Him, has equal dignity and is deserving of equal respect.</p>					
--	--	--	--	--	--	--