

## PSHE curriculum map HPS 2023 – 2024 Updated 22.11.2023

The **PSHE association** identifies the following themes within its KS 1 and 2 programmes of study. These themes are covered through our core schemes of work at HPS of **PATHS (Promoting Alternative Thinking Strategies)**, **Educator Solutions (Norfolk) RSHE scheme** and our whole safety month curriculum and other events and programmes. Other themes are at least partially covered through our computing (e – safety) and **Science curriculum**. Our whole school safety month often involves visitors from the local community. These themes include both **statutory** and **non – statutory elements**.

	<b>Healthy Lifestyles</b>	<b>Relationships</b>	<b>Living in the Wider World</b>
<b>PSHE association themes</b>	<ul style="list-style-type: none"> <li>• Healthy lifestyles (physical wellbeing)</li> <li>• Mental health</li> <li>• Ourselves, growing and changing</li> <li>• Keeping safe</li> <li>• Drugs, alcohol and tobacco</li> </ul>	<ul style="list-style-type: none"> <li>• Families and close positive relationships</li> <li>• Caring friendships</li> <li>• Managing hurtful behaviour and bullying</li> <li>• Safe relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Shared responsibilities</li> <li>• Communities</li> <li>• Media literacy &amp; digital resilience</li> <li>• Economic wellbeing: Money</li> <li>• Economic wellbeing: Aspirations, work and career</li> </ul>
<b>HPS coverage</b>	<p>RSHE scheme of work (Educator Solutions Yrs R to 6)</p> <p>PATHS curriculum</p> <p>Safety month (whole school)</p> <p><b>Science</b> 'Animals including humans' Year 2</p> <p><b>Science</b> unit 'Electricity' unit Year 4</p> <p><b>Science</b> 'Animals including humans' unit Year 6</p> <p>Crucial Crew (Year 6) <a href="#">Norfolk Crucial Crew - Norfolk County Council</a></p>	<p>RSHE scheme of work (Educator Solutions Yrs R to 6)</p> <p>PATHS curriculum</p> <p>E safety scheme of work and computing curriculum</p> <p>Safer internet day Tuesday 7<sup>th</sup> February</p> <p>Year 6 'My Life as a Bully'</p> <p>Year 6 'Tricky Friends' (CSE focus)</p>	<p>Safer internet day Tuesday 6<sup>th</sup> February 2024</p> <p>E safety scheme of work and Computing curriculum</p> <p>Year 5 Christians against Poverty programme <a href="#">CAP Money Course   The Family Trust</a></p> <p>Year 5 'Respect' programme (CSF). Diversity focus: (gender discrimination, racism, and homophobia)</p> <p><a href="#">Finders Keepers KS2   Values, Money &amp; Me (valuesmoneyandme.co.uk)</a></p> <p><a href="#">ProjectEVOLVE - Education for a Connected World Resources</a></p>

## HPS PSHE curriculum map 2023 - 2024

		<b>Autumn term</b>	<b>Spring term</b>	<b>Summer term</b>
<b>EYFS</b>	<p><b><u>PATHS</u></b>  <b>Healthy Lifestyle:</b>  <b>mental health</b></p> <p><b>Relationships:</b>  <b>caring friendships</b></p>		<p><b>Unit 1: Introducing PATHS</b> and the PATHS animals, introducing compliments</p> <p><b>Unit 2: Basic feelings 1</b> – happy, sad and making friends</p>	<p><b>Unit 3: Basic feelings 2</b> – angry, scared or afraid,</p> <p><b>Unit 4: Self-control.</b> Learning the 'Turtle technique, self – control, calm or relaxed</p> <p><b>Unit 5: Sharing, caring and friendship</b> – advanced compliments, review of feelings</p>
	<b>PSHE other</b>		<p><b><u>Keeping safe (Safety month):</u></b>  water safety, personal safeguarding, first aid</p> <p><b>Safer Internet Day</b> Tuesday 6<sup>th</sup> February 2024</p>	<p><b><u>Physical wellbeing:</u></b> sun safety</p> <p><b><u>Keeping Safe:</u></b> road safety</p>

Year 1	Autumn term		Spring term		Summer term		
<p><b><u>PATHS</u></b></p> <p><b>Healthy Lifestyle: mental health</b></p> <p><b>Relationships: caring friendships</b></p>	<p><b>Review of Year R feelings</b> (happy, sad, angry, scared or afraid, calm or relaxed)</p> <p><b>Review of Unit 5: Sharing, caring and friendship</b></p> <p><b>Unit 6: Basic problem solving</b> (Making choices, solving problems)</p> <p><b>Unit 7: Intermediate feelings</b> (introduce comfortable and uncomfortable, excited, tired, frustrated, proud)</p>		<p><b>Unit 8: Understanding additional feelings</b></p> <p>(love, worried, disappointed, jealous, furious, guilty, generous. To understand situations that cause emotions and to recognise the facial and behavioural cues associated with feelings)</p>		<p><b>Unit 9: Transitions and saying goodbye</b></p> <p>(to understand the concept of simultaneous feelings, the idea of loss and the complex feeling associated with it, dealing with uncomfortable feelings)</p>		
<p><b>PSHE other</b></p>			<p><b><u>Keeping safe (Safety month):</u></b> water safety, personal safeguarding, first aid</p> <p><b><u>Healthy Lifestyle/ Caring Friendships:</u></b> <a href="#">RSHE unit</a></p>		<p><b><u>Physical wellbeing:</u></b> sun safety <b><u>Keeping Safe:</u></b> road safety</p>		
<p><b>E-safety</b></p>			<p><b>Safer Internet Day</b> Tuesday 6<sup>th</sup> February 2023</p>				
<p><b>Project Evolve</b> Self – image and identity</p>		<p><b>Project Evolve</b> Online Relationships</p>		<p><b>Project Evolve</b> Online Reputation</p>	<p><b>Project Evolve</b> Managing Online Information</p>	<p><b>Project Evolve</b> Privacy and Security</p>	<p><b>Project Evolve</b> Copyright and Ownership</p>

Year 2	Autumn term		Spring term		Summer term	
<b>PATHS</b>  <b>Healthy Lifestyle: mental health</b>  <b>Relationships: caring friendships</b>	<b>Unit 1:</b> Establishing a Positive Classroom <b>Unit 2:</b> Introduction to Feelings (happy, sad, private, fine, excited, tired) <b>Unit 3:</b> Feelings and Behaviours (scared or afraid, safe, cross or angry)		<b>Unit 4:</b> Self – control and anger management <b>Unit 5:</b> Anger management and problem solving <b>Unit 6:</b> Friendship and Feeling Lonely (feelings of lonely, shy, embarrassed)		<b>Unit 7:</b> Manners and Listening to Others (fair play rules, sharing,) <b>Unit 8:</b> Feelings / Emotions / Behaviours (feelings of curious, bored, interested, proud, ashamed, frustrated, hopeful, disappointed)	
<b>PSHE other</b>	Dental health		<b>Keeping safe (Safety month):</b> water safety, personal safeguarding, first aid  <b>Healthy Lifestyle/ Caring Friendships:</b> RSHE unit  <b>Healthy Lifestyle:</b> Science 'Animals including humans'		<b>Physical wellbeing:</b> sun safety <b>Keeping Safe:</b> road safety	
<b>E-safety</b>			Safer Internet Day Tuesday 6 <sup>th</sup> February 2023			
	<b>Project Evolve</b> Self – image and identity	<b>Project Evolve</b> Online Relationships	<b>Project Evolve</b> Online Reputation	<b>Project Evolve</b> Managing Online Information	<b>Project Evolve</b> Privacy and Security	<b>Project Evolve</b> Copyright and Ownership

Year 3	Autumn term		Spring term		Summer term	
<b>PATHS</b>  <b>Healthy Lifestyle: mental health</b>  <b>Relationships: caring friendships</b>	<b>Unit 1: Establishing the classroom environment</b> <b>Unit 2: Emotions</b> happy, sad, private, fine, excited tired, scared, afraid, safe, cross, angry, calm, relaxed, worried)  <b>Unit 3: Self-control, self – awareness and anger management</b> (calming down techniques)  <b>Unit 4: Using our thinking skills</b> (making good choices and problem solving)		<b>Unit 5: Friendship and getting along with others 1</b> (good listening, fair play rules, manners, feelings of shy and lonely, frustrated, being a good winner/loser)  <b>Unit 6: Feelings in relationships (1)</b> (feelings of jealous and contented, like and dislike, hate, guilty, proud, ashamed)  <b>Unit 7: Getting along with others (2)</b> (keeping a friend, making up with friends, feelings of greedy, selfish and generous)		<b>Unit 8: Feelings and Expectations</b> (surprised, delighted and disgusted. By accident and on purpose, Fair/ not fair.  <b>Unit 9: Feelings about School</b> (Curious, interested, confused, confident. Overcoming obstacles)  <b>Unit 10: Feelings in Relationships (2)</b> (malicious and kind, rejected and included, teasing, bullying. <b>Unit 10: Endings and transitions</b>	
PSHE other			<b><u>Keeping safe (Safety month):</u></b> water safety, personal safeguarding, first aid  <b><u>Healthy Lifestyle/ Caring Friendships:</u></b> <a href="#">RSHE unit</a>		<b><u>Physical wellbeing:</u></b> sun safety <b><u>Keeping Safe:</u></b> road safety	
E-safety			Safer Internet Day Tuesday 6 <sup>th</sup> February 2023			
	<b>Project Evolve</b> Self – image and identity	<b>Project Evolve</b> Online Relationships	<b>Project Evolve</b> Online Reputation	<b>Project Evolve</b> Managing Online Information	<b>Project Evolve</b> Privacy and Security	<b>Project Evolve</b> Copyright and Ownership

Year 4	Autumn term		Spring term		Summer term	
<b>PATHS</b>  <b>Healthy Lifestyle: mental health</b>  <b>Relationships: caring friendships</b>	<b>Unit 1: Establishing the classroom environment</b> (learning together and listening to others)  <b>Unit 2 Feelings and Relationships</b> (recognising and controlling anger, feelings intensity, solving problems, avoiding gossip, being unique).		<b>Unit 3: Making Good Decisions</b> (assertiveness, thinking ahead)  <b>Unit 4: Being Responsible and Caring for Others</b> (Creating change, social responsibility)		<b>Unit 5: Problem Solving</b> (identifying problems, different points of view, identifying individual goals, setting positive goals, coping with difficult problems)	
PSHE other	<u>Keeping safe</u> Electrical safety; Science unit 'Electricity' Autumn 2		<u>Keeping safe (Safety month):</u> water safety, personal safeguarding, first aid		<u>Physical wellbeing:</u> sun safety <u>Keeping Safe:</u> road safety  <u>Healthy Lifestyle/ Caring Friendships:</u> RSHE unit	
E safety			Safer Internet Day Tuesday 6 <sup>th</sup> February 2023			
	<b>Project Evolve</b> Self – image and identity	<b>Project Evolve</b> Online Relationships	<b>Project Evolve</b> Online Reputation	<b>Project Evolve</b> Managing Online Information	<b>Project Evolve</b> Privacy and Security	<b>Project Evolve</b> Copyright and Ownership

Year 5	Autumn term		Spring term		Summer term	
<b>PATHS</b>  <b>Healthy Lifestyle: mental health</b>  <b>Relationships: caring friendships</b>	<b>Unit 1: Establishing the classroom environment</b> (learning together, recognising and controlling anger, steps for calming down)  <b>Unit 2: Problem Solving</b> (Making good decisions, feelings goals and solutions, consequences, obstacles)		<b>Unit 3: Goals and Identity</b> (Setting and reaching goals, planning, overcoming obstacles)  <b>Unit 4: Making and keeping Friends</b> (Making new friends, joining in, dealing with teasing, feelings and friendships, resentment and forgiving)		<b>Unit 5: Being Responsible and Caring for Others</b> (Dealing with gossip, feeling rejected and excluded, stereotypes and discrimination, creating change, commemorating others, honouring others)	
PSHE other			<b>Keeping safe (Safety month):</b> water safety, personal safeguarding, first aid  <b>Economic wellbeing - money:</b> 'Christians against poverty' (3 sessions)		<b>Year 5 'Respect' programme (CSF). Diversity focus:</b> (gender discrimination, racism, and homophobia)  <b>Physical wellbeing:</b> sun safety <b>Keeping Safe:</b> road safety  <b>Healthy Lifestyle/ Caring Friendships:</b> RSHE unit	
E safety			Safer Internet Day Tuesday 6 <sup>th</sup> February 2023			
	<b>Project Evolve</b> Self – image and identity	<b>Project Evolve</b> Online Relationships	<b>Project Evolve</b> Online Reputation	<b>Project Evolve</b> Managing Online Information	<b>Project Evolve</b> Privacy and Security	<b>Project Evolve</b> Copyright and Ownership

Year 6	Autumn term		Spring term		Summer term	
<b>PATHS</b>  <b>Healthy Lifestyle: mental health</b>  <b>Relationships: caring friendships</b>	<b>Unit 1:</b> (Problem solving and calming down. Handling stress. Making good decisions, Getting help from others).  <b>Unit 2: Study and organisational Skills</b> (Study skills, good listening skills, being organised)		<b>Unit 3: Conflict Resolution</b> (What is conflict? Conflict on the court. Resolving conflict).		<b>Unit 4: Respect</b> (What is respect? Respect in the community. Respecting musical differences in the world. Respecting differences – clothes).  <b>Unit 5: Endings and Transitions</b> (Looking back, looking forward. Worries).	
<b>PSHE other</b>			<b><u>Keeping safe (Safety month):</u></b> water safety, personal safeguarding, first aid  <b><u>Healthy Lifestyle/ Caring Friendships:</u></b> <i>RSHE unit</i>  <b>'My Life as a Bully' DVD</b>  <b><u>Drugs, alcohol and tobacco/Healthy Lifestyles</u></b> <i>Science: 'Animals including Humans' Spring 2: Drugs, alcohol, tobacco and keeping fit</i>		<b><u>Safe relationships</u></b> 'Tricky Friends' programme (CCE)  <b><u>Physical wellbeing:</u></b> sun safety <b><u>Keeping Safe:</u></b> road safety, Crucial Crew Summer 2	
<b>E safety</b>			<b>Safer Internet Day</b> Tuesday 6 <sup>th</sup> February 2023			
	<b>Project Evolve</b> Self – image and identity	<b>Project Evolve</b> Online Relationships	<b>Project Evolve</b> Online Reputation	<b>Project Evolve</b> Managing Online Information	<b>Project Evolve</b> Privacy and Security	<b>Project Evolve</b> Copyright and Ownership