



GKS – Learning for Life (PSHE & RSE) Curriculum Map

RSE & PSHE in EYFS: Reception

Personal, social and emotional development is one of the three Prime Areas in the Statutory framework for the early year's foundation stage. The prime areas, Communication and language, Physical development and Personal, social and emotional development, lay the foundations for children to achieve in all areas of learning and life. The early learning goals (ELG) below summarise the knowledge, skills and understanding that all young children should have gained by the end of the reception year in the Personal, social and emotional development prime area.

ELG: Self-Regulation

Children at the expected level of development will:

- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
- Give focused attention to what the teacher says, responding appropriately even when engaged in an activity, and show an ability to follow instructions involving several ideas or actions.

ELG: Managing Self

Children at the expected level of development will:

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
- Explain the reasons for rules, know right from wrong and try to behave accordingly.
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

ELG: Building Relationships

Children at the expected level of development will:

- Work and play cooperatively and take turns with others.
- Form positive attachments to adults and friendships with peers.
- Show sensitivity to their own and to others' needs.

EYFS Long Term Overview

Autumn

Self-Regulation: My Feelings

- Identifying my feelings
- Feelings jars
- Coping strategies
- Describing feelings
- Facial expressions
- Creating a calm corner

Spring

Managing Self: My Wellbeing

- What is exercise?
- Yoga and Relaxation
- Looking after ourselves
- Being a safe Pedestrian
- Eating Healthy
- A Rainbow of food

Summer

Building Relationships: My Family and My Friends

- Festivals
- Sharing
- What makes a good friend?
- Being a good friend
- Teamwork
- Celebrating friendships

Building Relationships: Special Relationships

- My Family
- Special People
- Sharing
- I am Unique
- My interests
- Similarities and Differences

Self-Regulation: Listening and Following Instructions

- Simon Says
- Listening to a Story
- Pass the Whisper
- Obstacle Race
- Blindfold Walk
- Treasure Hunt

Managing Self: Taking on Challenges

- Why do we have rules?
- Building towers
- Team den building
- Grounding
- Team races
- Circus skills
- NSPCC: Pants

KS1 Long Term Overview

Autumn		Spring		Summer	
A	B	A	B	A	B
<u>Families and Relationships</u>		<u>Economic Wellbeing</u>		<u>Safety and Changing Bodies</u>	
<ul style="list-style-type: none"> • What is a family? • What are friendships? • Recognising other people's emotions • Working with others • Friendship problems • Healthy friendships • Gender stereotypes 	<ul style="list-style-type: none"> • Families offer stability and love. • Families are all different • Other people's feelings • Unhappy Friendships • Introduction to manners and courtesy • Change and loss • Gender stereotypes (careers and jobs) 	<ul style="list-style-type: none"> • What is money? • Keeping money safe • What is a bank? • Saving and spending • Jobs in schools • Jobs out of school 	<ul style="list-style-type: none"> • Where does money come from? • Exploring needs • Exploring wants • Bank cards and accounts • My skills and talents 	<ul style="list-style-type: none"> • Adults in school • Adults outside of school • Getting lost • Making an emergency phone call • Appropriate contact • Safety with substances • Safety at home • People who keep us safe <p><i>RSE Year 1: Keeping Clean, Growing and changing, Families and care</i></p> <p><i>RSE Year 2: Differences (boys and girls), Differences (male and female), Naming the body parts.</i></p>	<ul style="list-style-type: none"> • Communicating online • Secrets and surprises • Appropriate contact • Respecting personal boundaries • Road safety • Crossing roads safely • Staying safe with medicines <p><i>RSE Year 1: Keeping Clean, Growing and changing, Families and care</i></p> <p><i>RSE Year 2: Differences (boys and girls), Differences (male and female), Naming the body parts.</i></p>
<u>Health and Wellbeing</u>		<u>Citizenship</u>		<u>Transition</u>	
<ul style="list-style-type: none"> • Ready for bed • Relaxation • Sun safety • Allergies • People who help us keep healthy 	<ul style="list-style-type: none"> • Experiencing different emotions • Being active • Relaxation (breathing exercise) • Steps to success • Developing a growth mindset • Healthy diet • Looking after our teeth 	<ul style="list-style-type: none"> • Rules • Caring for others (animals) • The needs of others • Similar yet different • Belonging • Democratic decisions 	<ul style="list-style-type: none"> • Rules beyond school • Our school environment • Our local environment • Job roles in our local community • Similar yet different – Community • School council • Giving my opinion 	<ul style="list-style-type: none"> • Transition lesson • Consolidation 	<ul style="list-style-type: none"> • Transition lesson • Consolidation

LKS2 Long Term Overview

Autumn		Spring		Summer	
A	B	A	B	A	B
<u>Families and Relationships</u>		<u>Economic Wellbeing</u>		<u>Safety and Changing Bodies</u>	
<ul style="list-style-type: none"> • Healthy families • Friendship conflicts • Friendship conflict versus bullying • Effective communication • Learning who to trust • Respecting differences in others • Stereotyping: Gender • Stereotyping: Age 	<ul style="list-style-type: none"> • Respect and manners • Healthy friendships • How my behaviour affects others • Bullying • Stereotypes: Gender • Stereotypes: Disability • Families in the wider world • Change and loss 	<ul style="list-style-type: none"> • How do people pay for things? • What does budgeting mean? • How do people feel about money? • What happens when people spend money? • What careers do people have? • Can anyone be anything? 	<ul style="list-style-type: none"> • What is value for money? • Why keep track of money? • What influences career choices? • Why make a career change? • How can workplace stereotypes be challenged? 	<ul style="list-style-type: none"> • First Aid: Emergencies and calling for help • First Aid: Bites and stings • Be king online • Cyberbullying • Fake emails • Influences • Keeping safe out and about <p><i>RSE Year 3: Differences (male and female), Personal space, Family differences</i></p> <p><i>RSE Year 4: Growing and changing, What is puberty? Puberty changes and reproduction</i></p>	<ul style="list-style-type: none"> • Internet safety: Age restrictions • Share aware • First Aid: Asthma • Privacy and secrecy • Consuming information online • Tobacco <p><i>RSE Year 3: Differences (male and female), Personal space, Family differences</i></p> <p><i>RSE Year 4: Growing and changing, What is puberty? Puberty changes and reproduction</i></p>
<u>Health and Wellbeing</u>		<u>Citizenship</u>		<u>Transition</u>	
<ul style="list-style-type: none"> • My healthy diary • Relaxation: Stretches • My Superpowers • Resilience: Breaking down barriers • Communicating my feelings • Diet and dental health 	<ul style="list-style-type: none"> • Looking after our teeth • Relaxation: Visualisation • Celebrating mistakes • Meaning and purpose: My role • My happiness • Emotions • Mental health 	<ul style="list-style-type: none"> • Rights of a child • Rights and responsibilities • Recycling • Local community groups • Charity • Local democracy • Rules 	<ul style="list-style-type: none"> • What are human rights? • Caring for the environment • Community • Diverse communities • Local councillors 	<ul style="list-style-type: none"> • Coping strategies • Consolidation 	<ul style="list-style-type: none"> • Coping strategies • Consolidation

UKS2 Long Term Overview

Autumn		Spring		Summer	
A	B	A	B	A	B
<u>Families and Relationships</u>		<u>Economic Wellbeing</u>		<u>Safety and Changing Bodies</u>	
<ul style="list-style-type: none"> • Build a friend • Friendship skills • Marriage • Respecting myself • Family life • Bullying • Stereotyping: Gender • Stereotyping: Race and Religion 	<ul style="list-style-type: none"> • Respect • Respectful relationships • Stereotypes: Attitudes • Challenging stereotypes • Resolving conflict • Change and loss 	<ul style="list-style-type: none"> • Why prioritise needs over wants? • What is a weekly budget? • What is borrowing and loaning? • What are the risks of handling money online? • Why challenge workplace stereotypes? • What makes a suitable career? 	<ul style="list-style-type: none"> • How do people navigate their feelings about money? • How do people keep money safe? • What money responsibilities are there in school? • What are the risks of gambling? • What is a workplace? • What career routes are there? 	<ul style="list-style-type: none"> • Online friendships • Staying safe online • First Aid: Bleeding and head injuries • Alcohol, drugs and Tobacco: Making decisions <p><i>RSE Year 5: Talking about puberty, Male and female changes, Puberty and hygiene.</i></p> <p><i>RSE Year 6: Puberty and reproduction, Understanding relationships, Conception and pregnancy, Communication in relationships.</i></p>	<ul style="list-style-type: none"> • Alcohol • Critical digital consumers • First Aid: Choking • First Aid: Basic life support <p><i>RSE Year 5: Talking about puberty, Male and female changes, Puberty and hygiene.</i></p> <p><i>RSE Year 6: Puberty and reproduction, Understanding relationships, Conception and pregnancy, Communication in relationships.</i></p>
<u>Health and Wellbeing</u>		<u>Citizenship</u>		<u>Transition</u>	
<ul style="list-style-type: none"> • Relaxation: Yoga • The importance of rest • Embracing failure • Going for goals • Taking responsibility for my feelings • Sun safety 	<ul style="list-style-type: none"> • What can U be? • Taking responsibility for my health • The impact of technology on health • Resilience toolbox • Good and bad habits • Physical health concerns 	<ul style="list-style-type: none"> • Breaking the law • Rights and responsibilities • Protecting the planet • Contributing to the community • Pressure groups • Parliament 	<ul style="list-style-type: none"> • Human rights • Caring for others • Prejudice and discrimination • Valuing diversity • National democracy 	<ul style="list-style-type: none"> • Roles and responsibilities • Consolidation 	<ul style="list-style-type: none"> • Roles and responsibilities • Consolidation
				<u>Identity (Year 6 Only)</u>	
				<ul style="list-style-type: none"> • Year 6: What is identity? • Year 6: Identity and body image 	<ul style="list-style-type: none"> • Year 6: What is identity? • Year 6: Identity and body image