

Grange Park Learning Quest
2020-2021 PSHE long term subject map

| | Autumn 1 Being Me In my World | Autumn 2 Dreams and Goals | Spring 1 Healthy Me | Spring 2 Celebrating difference | Summer 1 Changing me | Summer 2 Relationships |
|--------|--|--|--|--|--|---|
| EYFS | Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities | Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals | Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety | Identifying talents Being special Families Where we live Making friends Standing up for yourself | Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations | Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend |
| | Autumn 1 Welcome back | Autumn 2 Dreams and Goals | Spring 1 Healthy Me | Spring 2 Celebrating difference | Summer 1 Changing me | Summer 2 Relationships |
| Year 1 | Welcome back. Our New Charter! Coronavirus Belonging and feeling safe and happy Being positive and looking forward to learning Managing worries and fears Gifts of gratitude Bereavement | Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement Tackling new challenges Identifying and overcoming obstacles Feelings of success | Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness | Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating differences in everyone | Life-cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transitions | Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships |
| | Autumn 1 Welcome back | Autumn 2 Dreams and Goals | Spring 1 Healthy Me | Spring 2 Celebrating difference | Summer 1 Changing me | Summer 2 Relationships |
| Year 2 | Welcome back. Our New Charter! Coronavirus Belonging and feeling safe and happy Being positive and looking forward to learning Managing worries and fears Gifts of gratitude Bereavement | Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success | Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food | Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating differences and remaining friends | Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition | Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships |

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|---------------|--|---|---|---|---|---|
| Year 3 | <p>Coming together again. Coronavirus Belonging and feeling safe at school Reconnecting with friends Being positive and looking forward to learning Managing worries and fears Gifts of gratitude Loss - bereavement The Year Ahead Unexpected changes</p> | <p>Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting</p> | <p>Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices</p> | <p>Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments</p> | <p>How babies grow Understanding a baby's needs Family stereotypes Challenging my ideas Preparing for transition</p> | <p>Family roles and responsibilities Friendships and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends</p> |
| | Autumn 1 Welcome back | Autumn 2 Dreams and Goals | Spring 1 Healthy Me | Spring 2 Celebrating difference | Summer 1 Changing me | Summer 2 Relationships |
| Year 4 | <p>Coming together again. Coronavirus Belonging and feeling safe at school Reconnecting with friends Being positive and looking forward to learning Managing worries and fears Gifts of gratitude Loss - bereavement The Year Ahead Unexpected changes</p> | <p>Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes</p> | <p>Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength</p> | <p>Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions</p> | <p>Outside body changes Inside body changes Being unique Having a baby Girls and puberty Confidence and change Accepting change Preparing for transition Environmental change</p> | <p>Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals</p> |

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| Year 5 | Coming together again. Coronavirus Belonging and feeling safe at school Reconnecting with friends Being positive and looking forward to learning Managing worries and fears Gifts of gratitude Loss - bereavement The Year Ahead Unexpected changes | Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation | Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationship with food Healthy choices Motivation and behaviour | Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures | Self and body image Influences of online and media on body image Puberty for girls Puberty for boys Growing responsibility Coping with change Preparing for transition | Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules |
| | Autumn 1 Welcome back | Autumn 2 Dreams and Goals | Spring 1 Healthy Me | Spring 2 Celebrating difference | Summer 1 Changing me | Summer 2 Relationships |
| Year 6 | Coming together again. Coronavirus Belonging and feeling safe at school Reconnecting with friends Being positive and looking forward to learning Managing worries and fears Gifts of gratitude Loss - bereavement The Year Ahead Unexpected changes | Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments | Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress Emergency aid | Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy | Conception (including IVF) Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition | Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use |