



## Skelton School

### PSHE and RSE - Curriculum Map

**At Skelton School we teach our PSHE and RSE lessons following the suggested half-termly units set out by SCARF. EYFS operates on 1 year rolling programme for both its Nursery and Reception children adapting the lessons to ensure best fit for the children in each class and addressing the topics through the wider environment and interactions between children and adults. In Key Stages 1 and 2 lessons are taught on a 2 year rolling programme. As in the EYFS, lessons can be adapted slightly depending on the needs of the children within each class, each year. All lessons will be taught in an age appropriate and sensitive manner. There are some sessions in which classes may be split in order to do this. This teaching is underpinned by the ethos upheld at Skelton School throughout everything we do.**

(1 year cycle)	Autumn 1 – Me and My Relationships	Autumn 2 – Valuing Difference	Spring 1 – Keeping Safe	Spring 2 – Rights and Respect	Summer 1 – Being my Best	Summer 2 – Growing and Changing
<b>Nursery</b>	Marvellous Me! I'm special People who are special to me	Me and my friends Friends and family Including everyone	People who help keep me safe Safety indoors and outdoors What's safe to go into my body	Looking after myself Looking after others Looking after my environment	What does my body need? I can keep trying I can do it!	Growing and changing in nature When I was a baby Girls, boys and families
<b>Reception</b>	All about me What makes me special Me and my special people Who can help me? My feelings	I'm special, you're special Same and different Same and different families Same and different homes I am caring Kind and Caring	What's safe to go onto my body Keeping myself safe Safe indoors and outdoors Listening to my feelings Keeping safe online People who help to keep me safe	Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money	Bouncing back when things go wrong Yes, I can! Healthy eating Move your body A good night's sleep	Seasons Life stages Where do babies come from? Getting bigger Me and my body – boys and girls
<b>Year 1-6 Cycle A</b>						
<b>Year 1-2</b>	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Celebrating difference People who help us Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving and spending	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Life cycles Dealing with loss Being supportive Growing and changing Privacy
<b>Year 3-4</b>	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment My skills and interests	Body changes during puberty Managing difficult feelings Relationships including marriage
<b>Year 5-6</b>	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Aspirations and goal setting Managing risk Looking after my mental health	Managing difficult feelings Managing changing feelings Trusted adults Puberty and Body Image Changing Bodies <b>Reproduction</b>
<b>Year 1-6 Cycle B</b>						
<b>Year 1-2</b>	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene and health Cooperation	Getting help Becoming independent My body parts Taking care of self and others
<b>Year 3-4</b>	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets
<b>Year 5-6</b>	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community	Managing difficult feelings Managing changing feelings Trusted adults Puberty and Body Image Changing Bodies <b>Reproduction</b>