Courtwood Primary School
PSHE Curriculum Roadmap

PSHE/RSHE Core Area

Relationships	Living In the Wider World	Health and Wellbeing

what affects mental health and ways to take care of it

money and financial risks

influences and attitudes to money

managing change, loss and bereavement

managing transition

drug use and the law/the media

Secondary School

Physical Health and Mental Wellbeing; Growing and Changing; Keeping Safe

Money and Work

Media Literacy and Digital Resilience

sharing things online

Belonging to a Community

valuing diversity

Respecting Ourselves and Others

managing time online

human reproduction and birth

keeping personal information safe

increasing independence

challenging discrimination and stereotypes

civil partnership and marriage

managing pressure

medicines, vaccinations, immunisations and allergies

sun safety

recognising individuality and different qualities

healthy sleep habits

YEAR 6

Physical Health and Mental Wellbeing; Growing and Changing; Keeping Safe

Families and Friendships

Safe Relationships

what influences career choices

Money and Work

different media types, their role and impact

Media Literacy and Digital Resilience

identifying job interests and aspirations

Belonging to a Community

compassion towards others

expressing opinions and respecting others point of view

romantic relationships and attraction

consent in different situations

responding in emergencies including First Aid and FGM

personal identity

mental wellbeing

workplace stereotypes

how information online is targeted

managing friendships and peer influence

responding respectfully to a wide range of people

personal hygiene routines

maintaining a balanced lifestyle

dugs common to everyday life

medicines

making decisions about money

YEAR 5

Families and Friendships
Safe Relationships
Respecting Ourselves and Others

Physical Health and Mental Wellbeing; Growing and Changing; Keeping Safe

Money and Work

Media Literacy and Digital Resilience

Belonging to a Community

how data is shared and used

protecting the environment

physical contact and feeling safe

recognising prejudice and discrimination

oral hygiene and dental care

physical and emotional changes in puberty

external genitalia

using and keeping money safe

how the internet is used

different jobs and skills

health choices and habits

what affects feelings

responding to hurtful behaviour

recognising risks online

what makes a community

YEAR 4

Media Literacy and Digital Resilience

Money and Work

Physical Health and Mental Wellbeing; Growing and Changing; Keeping Safe

Families and Friendships
Safe Relationships
Respecting Ourselves and Others

Belonging to a Community

shared responsibilities

setting personal goals

Belonging to a Community

rules and laws

stereotypes

personal strengths and achievements

risks and hazards

positive friendships including online

discussing difference sensitively

things in common and differences

Respecting Ourselves and Others

self-respect

courtesy and being polite

family life and what makes a family

emergencies

keeping teeth healthy

risk and safety at home

medicines

what money is and looking after money

online content and information

Safe Relationships

Families and Friendships

recognising respectful behaviour

YEAR 3

Physical Health and Mental Wellbeing; Growing and Changing; Keeping Safe

Belonging to a Community
Media Literacy and Digital Resilience
Money and Work

Respecting Ourselves and Others

recognising hurtful behaviour

personal boundaries

growing older

naming body parts

why sleep is important

roles and responsibilities

playing cooperatively

sharing opinions

Safe Relationships

belonging to a group

making friends

Families and Friendships

staying safe

how behaviour affects others

families

what rules are

jobs in the community

keeping healthy, food and exercise

keeping safe online

strengths and interests

YEAR 2

managing secrets

YEAR 1

Families and Friendships
Safe Relationships
Respecting Ourselves and Others

Belonging to a Community
Media Literacy and Digital Resilience
Money and Work

Physical Health and Mental Wellbeing; Growing and Changing; Keeping Safe

roles of different people

how behaviour affects others

looking after the environment

using the internet to communicate

recognising what makes them unique

managing when things go wrong

feelings

Reception

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