

Appendix 2: North Leigh PSHE Curriculum Map

	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy me	Relationships	Changing Me
Year 1	I feel safe & special in my class <i>I know that I belong to my class</i> I know how to make my class a safe place for everyone to learn <i>I can recognise how it feels to be proud of an achievement</i> I can recognise the range of feelings when I face certain consequences <i>I can recognise my choices in following the Learning Charter</i>	I can tell you some ways in which I am the same as my friends <i>I can tell you some ways I am different from my friends</i> I understand how being bullied might feel <i>I can be kind to children who are bullied</i> I know how it feels to make a new friend <i>I understand these differences make us all special and unique</i>	I can identify my successes and achievements <i>I can tell you how I learn best</i> I can celebrate achievement with my partner <i>I can identify how I feel when I am faced with a new challenge</i> I know how I feel when I see obstacles and how I feel when I overcome them <i>I know how to store the feelings of success in my internal treasure chest</i>	I feel good about myself when I make healthy choices <i>I am special so I keep myself safe</i> I know some ways to help myself when I feel poorly <i>I can recognise when I feel frightened and know who to ask for help</i> I can recognise how being healthy helps me to feel happy	I know how it feels to belong to a family and care about the people who are important to me <i>I know how to make a new friend</i> I can recognise which forms of physical contact are acceptable and unacceptable to me <i>I know when I need help and know how to ask for it</i> I know ways to praise myself <i>I can express how I feel about people who are special to me</i>	I understand that changes happen as we grow and that this is OK <i>I know that changes are OK and that sometimes they will happen whether I want them to or not</i> I understand that growing up is natural and that everybody grows at different rates <i>I respect my body and understand which parts are private</i> I enjoy learning new things <i>I know some ways to cope with changes</i>
Year 2	I recognise when I feel worried and know who to ask for help <i>I can help to make my class a safe and fair place</i> I can work co-operatively <i>I am choosing to follow the Learning Charter</i>	I understand some ways in which boys and girls are similar and feel good about this <i>I understand some ways in which boys and girls are different and accept that this is OK</i> I can tell you how someone who is bullied feels <i>I can be kind to children who are bullied</i> I know when and how to stand up for myself and others <i>I know how to get help if I am being bullied</i> I know how it feels to be a friend and have a friend <i>I understand these difference makes us all special and unique</i>	I can identify my successes and achievements and know how this makes me feel <i>I can tell you some of my strengths as a learner</i> I understand how working with other people can help me to learn <i>I can work with other people to solve problems</i> I can express how it felt to be working as part of a group to create an end product <i>I know how contributing to the success of a group feels and I can store those feelings in my internal treasure chest</i>	I am motivated to make healthy lifestyle choices <i>I can tell you when a feeling is weak and when a feeling is strong</i> I feel positive about caring for my body and keeping it healthy <i>I have a healthy relationship with food and know which foods I enjoy the most and which are nutritious</i> I can express how it feels to share healthy food with my friends	I accept that everyone's family is different and understand that most people value their family <i>I know which types of physical contact I like and don't like and can talk about this</i> I can demonstrate how to use the positive problem solving technique to resolve conflicts with my friends <i>I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this</i> I understand how it feels to trust someone <i>I am comfortable accepting appreciation from other</i>	I understand there are some changes that are outside my control and can recognise how I feel about this <i>I can identify people I respect who are older than me</i> I feel proud about becoming more independent <i>I can tell you what I like / don't like about being a boy/girl</i> I am confident to say what I like and don't like and can ask for help <i>I can start to think about changes I will make when I am in Year 3 and know how to go about this</i>
Year 3	I value myself and know how to make someone else feel valued <i>I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions</i> I know how to make others feel valued <i>I understand that my behaviour brings rewards / consequences</i> I can work co-operatively in a group <i>I am choosing to follow the Learning Charter</i>	I appreciate my family / the people who care for me <i>I know how to calm myself down and can use the "Solve it together" technique</i> I know some ways of helping to make someone who is feeling bullied better <i>I can problem-solve a potentially bullying situation with others</i> I try hard not to use hurtful words (eg gay, fat) <i>I can give and receive compliments and know how this feels</i>	I respect and admire people who overcome obstacles and achieve their dreams and goals (eg through disability) <i>I can imagine how I will feel when I achieve my dream / ambition</i> I can break down a goal into a number of steps and know how others could help me to achieve it <i>I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge</i> I can manage the feelings of frustration that may arise when obstacles occur <i>I am confident in sharing my success with others and can store my feelings in my internal treasure chest</i>	I can set myself a fitness challenge <i>I can identify how I feel towards drugs</i> I can express how being anxious or scared feels <i>I can take responsibility for keeping myself and others safe at home</i> I respect my body and appreciate what it does for me	I can describe how taking some responsibility in my family makes me feel <i>I know how to negotiate in conflict situations to try to find a win-win solution</i> I know who to ask for help if I am worried or concerned <i>I can show an awareness of how this could affect my choices</i> I can empathise with children whose lives are different to mine and appreciate what I may learn from them <i>I enjoy being part of a family and friendship groups</i>	I can express how I feel when I see babies or baby animals <i>I can express how I might feel if I had a new baby in my family</i> I recognise how I feel about the changes that are happening to my body and know how to cope with those feelings <i>I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes</i> I can start to think about changes I will make when I am in Year 4 and know how I will go about this

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Year 4	I know how good it feels to be included in a group and understand how it feels to be excluded & I try to make people feel welcome and valued <i>I can take on a role in a group and contribute to the overall outcome</i> I can recognise my contribution to making a Learning Charter for the whole school <i>I understand how rewards and consequences motivate people's behaviour</i> I can take on a role in a group and contribute to the overall outcome <i>I understand why our school community benefits from a Learning Charter and can help others to follow it.</i>	I try to accept people for who they are <i>I can question why I think what I do about other people</i> I know how it might feel to be a witness to and a target of bullying <i>I can problem-solve a bullying situation with others</i> I like and respect the unique features of my physical appearance <i>I can explain why it is good to accept people for who they are</i>	I know how it feels to have hopes and dreams <i>I know how disappointment feels and can identify when I have felt that way</i> I know how to cope with disappointment and how to help others cope with theirs <i>I know what it means to be resilient and to have a positive attitude</i> I can enjoy being part of a group challenge <i>I know how to share in the success of a group and how to store this success experience in my internal treasure chest</i>	I recognise when other people's actions make me feel embarrassed, hurt or inadequate and I can help to manage these emotions <i>I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with</i> I can relate to feelings of shame and guilt and know how to act assertively to resist pressure from myself and others (in relation to the effects of smoking and alcohol) <i>I can identify feelings of anxiety and fear associated with peer pressure (healthy friendships)</i> I can tap into my inner strength and know how to be assertive	I know how it feels to belong to a range of different relationships and can identify what I contribute to each of them <i>I know how most people feel when they lose someone or something they love</i> I understand that we can remember people even if we no longer see them <i>I can express my own opinion and feelings on issues of animal rights</i> I can understand that losing a special pet brings feelings that can be hard to cope with, but that it can be hard to mark loss by celebrating special things about the pet <i>I know how to show and receive love to the people and animals who are special to me</i>	I appreciate that I am a truly unique human being <i>I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult</i> I have strategies to help me cope with the physical and emotional changes I will experience during puberty <i>I am confident enough to try to make changes when I think they will benefit me</i> I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively <i>I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this</i>
Year 5	I know what I value most about my school and can identify my hopes for this school year <i>I can empathise with people in this country whose lives are different to my own</i> I understand that my actions affect me and others <i>I can contribute to a group and understand how we can function best as a whole</i> I understand why our school community benefits from a Learning Charter and can help others to follow it	I am aware of my own culture and understand that cultural differences can sometimes cause conflict <i>I am aware of my attitude towards people from different races and understand what racism is</i> I can tell you a range of strategies in managing my feelings in potentially bullying situations and for problem-solving when I'm part of one <i>I know some ways to encourage children who use bullying behaviours to make other choices and know who to support children who are being bullied</i> I can appreciate the value of happiness regardless of material wealth <i>I respect my own and other people's cultures</i>	I can identify what I would like my life to be like when I am grown up <i>I appreciate the contributions made by people in different jobs</i> I appreciate the opportunities that learning and education are giving me and understand how this will help me to build my future <i>I can reflect on how the dreams and goals of young people in a culture may be different to my own</i> I appreciate the similarities and differences in aspirations between myself and young people in a different culture, identifying ways to support and learn from one another <i>I understand why I am motivated to make a positive contribution to supporting others</i>	I can make an informed decision about whether or not I choose to smoke and/or drink alcohol and know how to resist pressure <i>I know how to keep calm in emergencies</i> I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am <i>I respect and value my body</i> I am motivated to keep myself healthy and happy	I know how to keep building my own self-esteem <i>I know how to stand up for myself and negotiate and compromise</i> I understand that relationships are personal and there is no need to feel pressured into having a boyfriend / girlfriend <i>I can recognise the feeling of jealousy, where it comes from and how to manage it</i> I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others	I know how to develop my own self-esteem <i>I understand that puberty is a natural process that happens to everybody and that it will be ok for me</i> I can express how I feel about the changes that will happen to me during puberty <i>I appreciate how amazing it is that human bodies can reproduce</i> I am confident that I can cope with the changes that growing up will bring <i>I can start to think about changes I will make when I am in Year 6 and know how to go about this</i>
Year 6	I feel welcomed and valued and know how to make others feel the same <i>I understand my own wants and needs and can compare these with children in different communities</i> I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them <i>I can contribute to the group and understand how we functions best as a whole</i> I understand why our school community benefits from a Learning Charter and how I can help others to follow it by modelling it myself	I am aware of my attitude towards and can empathise with empathise with people who are living with disabilities <i>I know how it can feel to be excluded or treated badly by being different in some way</i> I can tell you a range of strategies in managing my feelings in bullying situations and for problem solving when I'm part of one <i>I appreciate people for who they are</i> I can explain ways in which difference can be a source of conflict and a cause for celebration and show empathy with people in either situation	I understand why it is important to stretch the boundaries in my current learning <i>I can set success criteria so that I will know whether I have reached my goal</i> I recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations <i>I can identify why I am motivated to work with others to make the world a better place</i> I can give praise and compliments to other people when I recognise their contributions and achievements	I am motivated to give my body the best combination of food for my physical and emotional health <i>I am motivated to find ways to be happy and cope with life's situations without using drugs</i> I can tell you how I feel about using alcohol when I am older and my reasons for this <i>I know to keep myself safe to avoid emergencies and also how to deal with emergencies if they happen</i> I know how to keep myself emotionally healthy and can recognise when I need help with this <i>I can use different strategies to manage stress and pressure</i>	I understand how it feels to have people in my life that are special to me <i>I can use some strategies to manage feelings associated with loss and can help other people to do so</i> I can recognise when I am feeling those emotions and have strategies to manage them <i>I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</i> I can take responsibility for my own safety and well-being (incl. using technology positively)	I know how to develop my own self-esteem <i>I can express how I feel about the changes that will happen to me during puberty</i> I can reflect on how I feel about asking questions I have about changes during puberty and about the answers I receive <i>I recognise how I feel when I reflect on the development and birth of a baby</i> I can express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this <i>I know how to prepare myself emotionally for starting secondary school</i>