

PSHE/ RSE Medium Term Curriculum Map

<i>Differentiation by input see the weekly planning sheet/ -Resources -see the weekly planning - Minimum Assessment for Learning strategies for all topics</i> - Long term memory development strategies= Recapping previous learning at the start of each new topic / Long term memory strategy linked to the objectives on this sheet for each week - Key words in red						
	Autumn term 1 – Being me in my world	Autumn Term 2 – Celebrating difference	Spring Term 1 – Dreams and Goals	Spring Term 2 – Healthy Me	Summer Term 1 - Relationships	Summer Term 2 – Changing Me
Ruby Class R/N	LO 1: To know how it feels to belong . LO 2: To recognise and manage my feelings . LO 3: To know work with others to make school a good place to be. LO 4: To know why it is good to be kind and use gentle hands . LO 5: To know we are all allowed to learn and play. LO 6: To learn what being responsible means.	LO 1: To identify something I am good at and know that everyone is good at different things. LO 2: To know that being different makes us all special . LO 3: To know that we are all different but the same in some ways. LO 4: To say why my home is special to me. LO 5: To know how to be a kind friend . LO 6: To know the right words to stand up for myself.	LO 1: To understand if I persevere , I can tackle challenges . LO 2: To state a time when I didn't give up. LO 3: To can set a goal and work towards it. LO 4: To use kind words to encourage people. LO 5: To know what I learn now links to the job I might do in the future . LO 6: To know how it feels when I achieve a goal.	LO 1: To know I need exercise to keep my body healthy . LO 2: To know how moving and resting are good for my body. LO 3: To know which foods are healthy and unhealthy , to make better choices . LO 4: To know how to help myself go to sleep and why it is good for me. LO 5: To wash my hands properly and why that is important. LO 6: To know who my safe adults are.	LO 1: To know some of the jobs I do in my family . LO 2: To know how to make friends . LO 3: To think of ways to solve problems and stay friends. LO 4: To know the impact of unkind words . LO 5: To use Calm Me to manage my feelings. LO 6: To know how to be a good friend.	LO 1: To name parts of the body . LO 2: To say some things I can do to be healthy . LO 3: To know we all grow from babies to adults . LO 4: To express my feelings about the next school year . LO 5: To express my worries and/or things I am looking forward to about the next school year. LO 6: To share memories of the best bits of this year.
Sapphire Class Year 1/2	LO 1: To feel special and safe in my class. LO 2: To know that I belong to my class. LO 3: To know how to make my class a safe place for everybody to learn. LO 4: To know my views are valued . LO 5: To recognise the choices I make and understand the consequences . LO 6: To understand my choices in following the Learning Charter .	LO 1: To say the ways in which I am the same as my friends . LO 2: To say the ways in which I am different as my friends . LO 3: To know what bullying is and know how being bullied might feel. LO 4: To know who some people are who I could talk to if I was feeling unhappy or being bullied . LO 5: To know how to make a new friend . LO 6: To understand that differences make us all special and unique .	LO 1: To set simple goals . LO 2: To create steps to achieve my goal. LO 3: To understand how to work well with a partner . LO 4: To tackle a new challenge and understand this might stretch my learning . LO 5: To explain how I feel when I face obstacles and how I feel when I overcome them. LO 6: To explain how I felt when I succeeded in a new challenge and how I celebrated it.	LO 1: To understand some ways to keep myself healthy . LO 2: To know how to make healthy lifestyle choices . LO 3: To know how to keep myself clean and healthy . LO 4: To know some ways to help myself when I feel poorly . LO 5: To know how to keep safe when crossing the road . LO 6: To recognise how being healthy helps me to feel happy .	LO 1: To identify the members of my family and understand that there are lots of different types of families . LO 2: To make a new friend and know what being a good friend means to me. LO 3: To recognise which forms of physical contact are acceptable and unacceptable to me. LO 4: To know who can help me in my school community . LO 5: To recognise my qualities as a person and a friend. LO 6: To tell you why I appreciate someone who is special to me.	LO 1: To start to understand the life cycles of animals and humans. LO 2: To tell you some things about me that have changed and some things that have stayed the same . LO 3: To tell you how my body has changed since I was a baby . LO 4: To respect my body and understand which parts are private . LO 5: To understand that every time I learn something new , I change a little bit. LO 6: To know some ways to cope with changes .
Diamond Class Year 3/4	LO 1: To recognise what I'm good at and help others feel welcome . LO 2: To face challenges and talk about how I feel. LO 3: To understand why rules matter and help others feel included . LO 4: To think about how my actions affect others . LO 5: To work well with others in a group. LO 6: To use my voice and follow our class rules .	LO 1: To understand that families are different and all are important . LO 2: To stay calm and solve problems when people disagree . LO 3: To know how to help someone who is being bullied . LO 4: To work with others to stop bullying . LO 5: To understand that some words can hurt and choose kind ones. LO 6: To give and receive compliments and understand how they feel.	LO 1: To talk about someone who worked hard to succeed . LO 2: To choose a goal and imagine how I'll feel when I reach it. LO 3: To enjoy new challenges and plan how to reach my goal . LO 4: To use my strengths to help my team succeed . LO 5: To spot problems and find ways to solve them. LO 6: To share my success and feel proud of what I've done.	LO 1: To know how exercise helps my body and why it matters . LO 2: To make good choices about food and drink. LO 3: To talk about what I know and feel about drugs . LO 4: To know what I need to stay safe from. LO 5: To make safe choices and take care of myself. LO 6: To understand how amazing my body is and how to look after it.	LO 1: To know what people do in families and how I help at home . LO 2: To practise being a good friend and solving problems kindly. LO 3: To stay safe online and know who to ask for help. LO 4: To learn about people who help others around the world . LO 5: To understand how children's lives can be different and learn from them. LO 6: To show love and appreciation for my friends and family .	LO 1: To understand how animals and humans grow and change . LO 2: To know how babies grow inside their mum. LO 3: To understand how my body changes as I grow. LO 4: To know what changes happen inside my body and why. LO 5: To talk about different ideas people have about families. LO 6: To think about moving to my next class and how I feel about it.
Emerald class Year 5/6	LO 1: To recognise my hopes and worries for the year and help others feel welcome . LO 2: To understand that not all children's rights are met and reflect on my own needs. LO 3: To understand how my actions affect others locally and globally . LO 4: To make choices about my behaviour and understand how it affects my rights and responsibilities . LO 5: To understand how my behaviour impacts the group and how we work together. LO 6: To understand how having a voice helps our school and how I can model positive behaviour .	LO 1: Am I Normal? – To understand different views of ' normal ' and empathise with people who are different. LO 2: Understanding Difference – To explore how being different can affect someone's life and show empathy . LO 3: Power Struggles – To understand how power can be used over others and how exclusion feels. LO 4: Why Bully – To explore why people bully and how to manage feelings in bullying situations. LO 5: Celebrating Difference – To recognise people with disabilities who lead inspiring lives and appreciate others. LO 6: Celebrating Difference – To understand how difference can cause conflict or celebration and show empathy in both.	LO 1: To set realistic goals and use my strengths to push my learning further. LO 2: To plan steps towards my goal and know how to stay motivated . LO 3: To talk about problems in the world and share my dream to make a difference . LO 4: To work with others to help improve the world and show empathy . LO 5: To describe how I can help and understand what motivates me. LO 6: To accept praise , give compliments and celebrate achievements.	LO 1: To make choices that support my health and well-being and care for others. LO 2: To understand how drugs affect the body and find healthy ways to cope with challenges . LO 3: To understand what exploitation is and how someone can get help. LO 4: To understand why people join gangs and how to avoid pressure . LO 5: To explore mental health and know how to support myself emotionally . LO 6: To recognise stress and use strategies to manage it safely.	LO 1: To understand why it's important to talk about mental health and that it's nothing to be ashamed of. LO 2: To know how to care for my mental health and support others. LO 3: To understand grief and use strategies to manage difficult emotions . LO 4: To recognise when someone is trying to control others and stand up for myself and my friends. LO 5: To judge whether something online is safe and resist pressure to do things I wouldn't choose. LO 6: To use technology safely and take responsibility for my online well-being .	LO 1: To understand how I see myself and how that affects my confidence . LO 2: To explain how bodies change during puberty and how to look after myself. LO 3: To describe how babies grow during pregnancy and how they are born. LO 4: To express my feelings respectfully and understand others. LO 5: To challenge negative body talk and build self-esteem . LO 6: To prepare emotionally for changes and feel ready for what's next.