

PSHE/RSE Medium Term Curriculum Map

<i>Differentiation by input see the weekly planning sheet/</i> <i>-Resources -see the weekly planning</i> <i>- Minimum Assessment for Learning strategies for all topics</i> <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</i> <i>- Key words in red</i>						
	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 talk about my hopes and worries and know who can help me. LO 2: To understand that everyone has rights and needs . LO 3: To make good choices and help our class feel fair and kind . LO 4: To follow rules that help me and others learn . LO 5: To work well with others and help our class get along . LO 6: To understand our Learning Charter and show others how to follow it.	LO 1: To know boys and girls can be different and that's okay. LO 2: To understand what bullying is and how it feels. LO 3: To be kind and know how to get help if someone is bullied . LO 4: To be friends with people who are different . LO 5: To talk about how I'm different and why that's special . LO 6: To know how it feels to be a good friend .	LO 1: To choose a goal and feel proud when I achieve it. LO 2: To keep trying even when things are tricky. LO 3: To know who I work well with and how that helps me learn . LO 4: To work with others to make something together. LO 5: To talk about how it felt to work in a team . LO 6: To share success and feel proud of what we've done.	LO 1: To know what helps my body stay healthy . LO 2: To understand what relaxed means and how to feel calm . LO 3: To know how medicines work and how to use them safely. LO 4: To sort foods and know which ones help me stay healthy . LO 5: To make healthy snacks and enjoy sharing them. LO 6: To know which foods give me energy and help me feel strong .	LO 1: To know who is in my family and why they are important . LO 2: To talk about the kinds of touch I like and don't like . LO 3: To understand what causes arguments and how to solve them. LO 4: To know when it's okay to keep a secret and when to tell . LO 5: To know who helps me at home and school . LO 6: To show appreciation for people I care about.	LO 1: To know that living things grow and change . LO 2: To understand how people grow from babies to adults . LO 3: To notice how my body has changed since I was a baby. LO 4: To name body parts and know which ones are private . LO 5: To talk about different types of touch and how I feel about them. LO 6: To think about moving to my next class and how I feel about it.
Diamond Class Year 3/4	LO 1: To feel part of my class and understand how my actions affect others. LO 2: To help others feel welcome and know how to use my Jigsaw Journal. LO 3: To understand who helps in our school and how I can contribute . LO 4: To understand how democracy works and how I can share my ideas. LO 5: To think about how rewards and consequences affect behaviour . LO 6: To understand why having a voice helps our school community .	LO 1: To understand that people can look different and still be accepted . LO 2: To notice when I make assumptions and think about why. LO 3: To understand how bullying feels and what I can do to help. LO 4: To know why people might join in with bullying and how to stop it. LO 5: To recognise what makes me unique and feel proud of it. LO 6: To understand why it's good to accept people for who they are.	LO 1: To talk about my hopes and dreams and how they make me feel. LO 2: To understand that disappointment is normal and how to cope with it. LO 3: To remember happy experiences to help me feel better . LO 4: To make a new plan and stay positive when things go wrong. LO 5: To work with others to reach a goal and enjoy the challenge . LO 6: To celebrate group success and remember how it felt.	LO 1: To know what helps me stay healthy and make good choices . LO 2: To understand how smoking and alcohol affect the body. LO 3: To notice pressure from others and know how to say no. LO 4: To recognise feelings like worry or fear and how to manage them. LO 5: To know when a situation doesn't feel right and how to respond . LO 6: To feel confident in myself and make safe choices .	LO 1: To understand how friendships change and how I feel about them. LO 2: To talk about someone I care about and how I show love . LO 3: To remember someone I no longer see and how that feels . LO 4: To stand up for myself and solve friendship problems kindly . LO 5: To understand that special relationships are personal and private . LO 6: To show appreciation for people and animals I care about.	LO 1: To understand how my body changes and that I am unique . LO 2: To name body parts and understand how babies are made . LO 3: To know what being a parent means and how it feels. LO 4: To think about what has shaped me and how I've grown . LO 5: To understand puberty and how to look after myself . LO 6: To feel ready for changes and know how to manage my feelings .
Emerald class Year 5/6	LO 1: To face new challenges and set personal goals for the year ahead. LO 2: To understand my rights and responsibilities and how they affect others. LO 3: To make choices about my behaviour and understand how they impact the group. LO 4: To understand how democracy works and how I can share my voice. LO 5: To recognise how my actions affect myself and others and show empathy . LO 6: To understand how our school community benefits from a Learning Charter and help others follow it.	LO 1: To understand how differences can lead to conflict and how to show respect. LO 2: To understand what racism is and reflect on my own attitudes . LO 3: To recognise bullying behaviours and know how to manage my feelings. LO 4: To understand different types of bullying and how to support others . LO 5: To compare my life with others and appreciate happiness beyond wealth . LO 6: To learn about different cultures and show respect for them.	LO 1: To understand how money can help me achieve my dreams. LO 2: To explore different jobs and appreciate the people who do them. LO 3: To identify a job I'd like and understand what motivates me. LO 4: To describe the dreams of children in other cultures and reflect on my own. LO 5: To understand how learning from others helps me grow . LO 6: To suggest ways to support others in reaching their goals .	LO 1: To understand the risks of smoking and how to make safe choices . LO 2: To understand the risks of alcohol and how to resist pressure . LO 3: To know what to do in an emergency and stay calm . LO 4: To understand how media influences body image and build self-respect . LO 5: To understand how substances affect the body and make healthy choices . LO 6: To know how to live a healthy lifestyle and feel motivated to do so.	LO 1: To understand jealousy and how to manage it in relationships . LO 2: To talk about someone I love and how I feel when I lose someone . LO 3: To remember people I no longer see and understand those feelings. LO 4: To manage changes in friendships and solve problems respectfully. LO 5: To understand that romantic relationships are personal and should feel safe . LO 6: To show love and appreciation for people and animals I care about.	LO 1: To understand my self-image and how to build self-esteem . LO 2: To explain how puberty affects girls physically and emotionally . LO 3: To describe how boys and girls change during puberty . LO 4: To understand how babies are made and that some people need help to have them. LO 5: To think about growing up and the responsibilities that come with it. LO 6: To feel ready for change and know how to manage my feelings .