

# PSHE Curriculum Map

## Growing and Changing (RSE)

### Year 6

- Give an example of a secret that should be shared with a trusted adult.
- Explain some emotional changes associated with 'puberty' and how people may feel when their bodies change.
- Give examples of other ways in which the way a person feels about themselves can be affected (e.g. images of celebrities).

### Upper KS2

### Year 5 –

- Explain what resilience is and how it can be developed.
- List ways that they can prepare for changes (e.g. to get the facts, talk to someone).
- Identify when I need help and can identify trusted adults in my life who can help me.

### Lower KS2

### Year 2 –

- Say who helps us grow (people who look after us) and what things they can now do themselves that they couldn't when they were younger.
- Give examples of how it feels when you have to say goodbye to someone or something (e.g. move house).
- Give examples of how to be supportive to someone.

### Year 1 –

- Identify an adult I can talk to at both home and school. If I need help.
- Tell you some things I can do now that I couldn't do when I was a toddler.
- Tell you what some of my body parts do.

### Year 4 –

- Label some parts of the body that only boys have and only girls have.
- List some of the reasons why a teenager might have these difficult feelings (e.g. conflict with parents)
- Say why people get married –OMIT?

### Year 3 –

- Say how they can overcome problems and challenges on the way to achieving their goals.
- Name a few things that make a positive relationship and some things that make a negative relationship.
- Say what happens to the woman's body when the egg isn't fertilised, recognising that it is the lining of the womb that comes away.
- Identify when someone hasn't been invited into my body space and show how I can be assertive in asking them to leave it if I feel uncomfortable.

### EYFS

### EYFS – Development matters

PSED, PD (Health and self care) UW (People and communities) (The world)