

PSHE Curriculum Map

Being my best

Year 6 –

- Say how they can overcome problems and challenges on the way to achieving their goals.
- Give examples of an emotional risk and a physical risk

Upper KS2

Year 5 –

- Give an example of when they have had increased independence and how that has also helped them to show responsibility
- Name several qualities that make people attractive that are nothing to do with how they look, but about how they behave.

Lower KS2

Year 4 –

- Give a few examples of different things that they do already that help to them keep healthy.
- Give different examples of some of the things that they do already to help look after their environment.

Year 3 –

- Give a few examples of things that they can take responsibility for in relation to their health and give an example of something that they've done which shows this.
- Explain and give an example of a skill or talent that they've developed and the goal-setting that they've already done (or plan to do) in order to improve it.

Year 2 –

- Name different parts of their body that are *inside* them and help to turn food into energy. To know what I need to get energy.
- Explain how setting a goal or goals will help them to achieve what they want to be able to do.

KS 1

Year 1 –

- Name a few different ideas of that they can do if they find something difficult.
- Say why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day.

EYFS

EYFS –
Development matters

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