

PSHE Curriculum Map

Me and my relationships

Year 6 –

- Give a range of examples of their emotional needs and explain why they are important.
- Explain why these qualities are important.
- Give a few examples of how to stand up for themselves (be

Upper KS2

Year 5 –

- Give a range of examples of their emotional needs and explain why they are important.
- Explain why friendship skills and compromising are important.
- Give a few examples of how to stand up for themselves (be assertive) and say when they might need to use assertiveness skills.

Lower KS2

Year 2 –

- Say some ways that they can get help, if they are being bullied and what they can do if someone teases them.
- Suggest rules that will help to keep them happy and friendly and what will help them keep to these rules. Tell you about some classroom rules we have made together.
- Give lots of ideas about being and making a good friend and say how they try to be a good friend.
- Express feelings in a safe, controlled way.

KS 1

Year 4 –

- Give a lot of examples of how they can tell if a person is feeling worried just by their body language.
- Say what they could do if someone was upsetting them or if they were being bullied.
- Explain what being 'assertive' means and give a few examples of ways of being assertive.

Year 3 –

- Accept the views of others and understand that we don't always agree with each other.
- Give lots of ideas about what I do to be a good friend and give some different ideas for how to make up with a friend if they've fallen out.

EYFS

Year 1 –

- Name a variety of different feelings and explain how these might make me behave.
- Think of some different ways of dealing with 'not so good' feelings.
- Know when they need help and who to go to for help.
- Know some different classroom rules.

EYFS –
Development matters

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