

PSHCE Curriculum Map 2022-23

	Nursery	Reception	Year 1	Year 2
Autumn 1	Being Me In My World Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Being Me In My World Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Being Me In My World Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owing the Learning Charter	Being Me In My World Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings
Autumn 2	Celebrating Difference Identifying talents Being special Families Where we live Making friends Standing up for yourself	Celebrating Difference Identifying talents Being special Families Where we live Making friends Standing up for yourself	Celebrating Difference Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Celebrating Difference Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends
Spring 1	Dreams and Goals Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Dreams and Goals Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Dreams and Goals Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Dreams and Goals Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to shared success
Spring 2	Healthy Me Exercising bodies Physical activity Healthy food	Healthy Me Exercising bodies Physical activity Healthy food	Healthy Me Keeping myself healthy Healthier lifestyle choices Keeping clean	Healthy Me Motivation Healthier choices Relaxation

	Sleep Keeping clean Safety	Sleep Keeping clean Safety	Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Healthy eating and nutrition Healthier snacks and sharing food
Summer 1	Relationships Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Relationships Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Relationships Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships
Summer 2	Changing Me Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations	Changing Me Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations	Changing Me Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition	Changing Me Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition