# MHPS PSHE Curriculum map 2025-2026

| | Topics covered | AUTUMN 1 | AUTUMN 2 | SPRING 1 | SPRING 2 | SUMMER 1 | SUMMER 2 |
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| Year R | Being Safe<br><br>Relationships<br><br>Understanding feelings | We will learn the school's 'Golden Values'<br>We will learn that it is good to ask for help<br>We will start to use our 'Regulation Station' | Getting on and Falling out<br>Classroom rules<br>Big bag of Worries | Turn taking<br>Work in pairs and small groups in classroom activities.<br>Introduction to regulation station – managing feelings<br>Goal setting<br>Moral dilemmas Acts of kindness Golden learner introduction | Talk to the children about the 'Characteristics of Effective Learning' such as perseverance and resilience<br>Read and discuss lots of stories about friendship, sharing and taking turns. | Develop children's confidence and self-esteem by encouraging them to reflect on their achievements and take pride in their work.<br>Each week the 'Golden Learners' will be chosen not only for the outcomes of their work but for the children's attitudes towards learning | Develop children's confidence and self-esteem by encouraging them to reflect on their achievements and take pride in their work.<br>Each week the 'Golden Learners' will be chosen not only for the outcomes of their work but for the children's attitudes towards learning |
| YEAR 1 | BEING SAFE<br><br>RESPECTFUL RELATIONSHIPS<br><br>GROWTH & DEVELOPMENT<br><br>**BASIC FIRST AID**<br><br>**ONLINE RELATIONSHIPS**<br><br>**INTERNET SAFETY & HARMS**<br><br>**MENTAL WELLBEING** | To set a goal<br>To identify a range of emotions.<br>To understand and recognise positive and difficult emotions.<br>To increase understanding and recognition of a variety of feelings and have some strategies to help others feel more positively.<br><br>To understand the importance of food.<br>To discuss a variety of food. | VACCINATION LESSON<br>Pupils learn about how germs are spread, how we can prevent them spreading and people who help us stay healthy and well.<br>To understand why voting is important.<br>To be able to identify different behaviours which might be bullying.<br>To understand some basic hygiene principles.<br><br>To understand how to keep teeth healthy. | To sort wants and needs.<br>**To explore boy and girl needs and wants.**<br>To celebrate being me. Difference and similarities.<br>To teach children about personal information.<br>To understand personal information.<br><br>To identify places and people who make me feel safe. | To explain what a safe and inviting classroom looks like.<br>To identify how to keep safe at home<br>**To learn about the importance of sleep as part of a healthy lifestyle and the impact device use can have on sleep.**<br>To learn about what can go into our bodies and how it can make people feel.<br><br>To know how to make an emergency call. | To identify the qualities of a good friend.<br>To explain the importance of compliments.<br>To recognise positive qualities in themselves.<br><br>To recognise achievements.<br>To identify the qualities of a good friend. To identify what to say to a new friend. | To understand 'bad' secrets. To know they are growing and changing.<br>To know that everyone grows and changes and babies become children and then adults.<br>To understand that there are lots of different toys and that can be enjoyed by everyone, whether they are a boy or girl.<br>To know there are different types of family and that all families have a special role in children's lives.<br>Anti-racism Lesson 1<br>Talking about race |

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| | | | To understand how teeth change as we grow up. | | | | |
| YEAR 2 | BEING SAFE<br><br>RESPECTFUL RELATIONSHIPS<br><br>GROWTH & DEVELOPMENT<br><br>**BASIC FIRST AID**<br><br>**ONLINE RELATIONSHIPS**<br><br>**INTERNET SAFETY & HARMS**<br><br>**MENTAL WELLBEING** | To set a goal<br>To recognise and describe different feelings in themselves and others.<br>Learn that feelings change and that not everyone experiences the same feeling in the same situation.<br><br>Learn about 'big' feelings and how to manage them.<br>To be able to recognise and name the 5 groups from the Eatwell plate.<br>To understand the benefits of eating at least 5 portions of fruit and vegetables.<br>To understand and learn the PANTS rules. | Lesson 1<br>Talking about race<br>To learn why medicines are taken.<br>To learn where medicines come from.<br>To learn how to stay safe around medicines.<br><br>To identify what bullying is and how it makes people feel.<br>To explain how to resolve conflict. | To explore needs and wants.<br>To understand life in different countries.<br>To explore how life is different around the world.<br>To understand what personal information is.<br>To understand who to trust online.<br>To understand conflict. | Lesson 7<br>Representation matters.<br>To explain what to do when conflict escalates.<br><br>To explain how to resolve conflict<br><br>To be able to identify and make safe risks and hazards in and around the home.<br>To be able to make an emergency call to 999.<br>To be able to identify risks and hazards at school and know how to keep themselves safe.<br>To explore gender stereotypes in careers. | To identify the qualities of a good friend.<br>To understand that they have the right to say "no" to unwanted touch.<br>To introduce the concept of male and female and gender stereotypes.<br>To identify differences between males and females.<br>To explore some of the differences between males and females.<br>Understand that a male and female are needed to make a new life.<br><br>To name the body parts.<br>To know the correct names for body parts, including reproductive/sex parts. | Lesson 8<br>Myth Busting<br>To know about growing young to old.<br>To know that all living things, including humans start life as babies.<br>To identify ways they are growing and changing.<br>To know that everyone needs to be cared for.<br>To know how they can care for others.<br>To know about different types of families.<br>To know their home life is special.<br>To understand pride.<br>To recognise how it feels to be proud of someone else.<br><br>To explain why you are proud of someone else. |
| YEAR 3 | BEING SAFE<br><br>RESPECTFUL RELATIONSHIPS<br><br>GROWTH & DEVELOPMENT<br><br>**BASIC FIRST AID**<br><br>**ONLINE RELATIONSHIPS** | To set a goal To learn about the different feelings and emotions people experience; how feelings and emotions change and what helps people to feel good.<br>Learn about ways of expressing feelings and emotions | To explain how to keep safe when walking on roads.<br><br>To explain how to keep safe when walking on roads.<br><br>To learn how to be safe on dark roads. | To understand the rights of a child.<br>To understand the link between being paid to do a job and having money to spend.<br>To make consumer choices and explain their decisions. | To learn the definition of a drug and that drugs can be harmful to people.<br>Learn about the effects and risks of smoking tobacco and second hand smoke.<br>Know what to do and how to call for help if you are faced with an emergency situation. | To identify the qualities of a good friend.<br>To know about stereotyping of males and females.<br>To understand the link between gender stereotyping and discrimination.<br>To know the biological differences between males and females. | To explore the concept of self-talk.<br><br>To explore healthy relationships.<br><br>Lesson 7<br>Representation matters |

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| | **INTERNET SAFETY & HARMS**<br><br>**MENTAL WELLBEING** | and why this is important.<br>Learn about managing feelings and emotions in different situations<br>Learn about getting help, advice and support with feelings and emotions.<br>To explain how food choices can contribute to tooth decay. | KS1 Lesson 1 Revision<br>Talking about race and Racism<br><br>ANTIBULLYING WEEK<br>To develop an awareness and definition of bullying and unkindness.<br>To explore ways of resolving conflict. | To understand how to stay safe online.<br>To understand how to stay online. | VACCINATION LESSON<br>Pupils learn the definition of a vaccination, how the immune system functions and how they work to keep us healthy.<br>Lesson 5<br>Being Anti-racist | To explore family differences and challenge stereotyping.<br>To understand that people sometimes have stereotypes about families.<br>To know you can say no to bad touch.<br>To identify positive thoughts. | |
| YEAR 4 | BEING SAFE<br><br>RESPECTFUL RELATIONSHIPS<br><br>GROWTH & DEVELOPMENT<br><br>**BASIC FIRST AID**<br><br>**ONLINE RELATIONSHIPS**<br><br>**INTERNET SAFETY & HARMS**<br><br>**MENTAL WELLBEING** | To set a goal.<br>To learn about the different feelings and emotions people experience.<br>Learn about ways of expressing feelings and emotions and why this is important.<br>To understand that food gives us energy.<br><br>To understand the importance of nutrients.<br>Asthma Lesson:<br>Pupils learn that medicines can be used to manage and treat medical.<br>To learn that there are drugs (other than medicines) which are common in everyday life, and why people choose to use them. | To learn about the effects and risks of drinking alcohol.<br>To learn about different patterns of behaviour that are related to drug use.<br>To develop an awareness of the role of victims, bullies, and bystanders.<br>Understand that infection can be spread through unclean hands and that handwashing can prevent the spread of infection.<br>Learn that infection can spread through sneezing and coughing<br>Understand that covering the mouth when sneezing can prevent the spread of infection. | To understand what we spend money on.<br>To understand ways to save and the benefits of saving.<br>Learn about and practise kindness and coping skills and why they are important in first aid.<br>Learn about kindness and helping others.<br>Learn how to care for yourself and others<br>Feel able to help someone who needs first aid (asthma attack). Learn about kindness and helping others<br>Learn about coping skills.<br>Learn how to care for yourself and others.<br>To explain how to keep safe around water. | To understand that not everything online is trustworthy. To make decisions on what they trust online using agreed criteria.<br>To understand how images are manipulated online.<br><br>Understanding racial socialisation and stereotypes<br>To understand how stereotypes can label people. | To identify the qualities of a good friend.<br>To understand the main stages of the human lifecycle.<br>To understand the changes that humans go through at the different stages.<br>To know some of the basic facts about puberty.<br>To know each person experiences puberty differently.<br>To understand the importance of personal hygiene at puberty.<br>To know about different items that help keep us clean.<br>To challenge gender stereotyping.<br><br>Talking about race and racism | Defining anti-racism<br>To understand rights in a friendship.<br>To understand responsibilities in a friendship.<br>To understand rights and responsibilities in a friendship.<br>To identify and resist pressurising and manipulative behaviour.<br>To understand how a child's online actions can affect others. |

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| YEAR 5 | **DRUGS, ALCOHOL & TOBACCO**<br><br>BEING SAFE<br><br>RESPECTFUL RELATIONSHIPS<br><br>GROWTH & DEVELOPMENT<br><br>**BASIC FIRST AID**<br><br>**ONLINE RELATIONSHIPS**<br><br>**INTERNET SAFETY & HARMS**<br><br>**MENTAL WELLBEING** | To set a goal.<br>Learn how to talk about mental health & wellbeing.<br>Know who can help us and how to ask for help.<br>Know the difference between a big and a small feeling.<br>Learn how to be a good listener.<br><br>Redefining racism<br>To explain the function of nutrients and fibre.<br><br>To explain the reasons it is important to keep hydrated. | To explain that different types and portions of foods and drinks provide different amounts of energy.<br><br>To explore the concept of fairness and how people decide what is fair and unfair.<br>Anti-bullying Week<br>To explore how and why people are excluded.<br>Understand what first aid is<br>Feel able to help someone who needs first aid<br>Know how to make an emergency call<br>How to help someone with head injury. | To understand deductions from payslips.<br>To understand budgeting.<br>To understand reasons for migration.<br><br>To explore migration.<br>VACCINATION LESSON<br>Pupils learn about different sources of health information and how we can make informed decisions.<br>To understand that most common infections get better on their own through time<br>To understand that if antibiotics are taken, it is important to finish the course. | To understand content which may be appropriate or inappropriate to share online. Online gaming, social media, and scam risks:<br>To identify appropriate people to turn to for help.<br>To understand how to keep safe when cycling.<br><br>Anti-racism:<br>Understanding Socialisation and stereotypes<br>To understand gender stereotypes. | To identify the qualities of a good friend.<br>To think and talk about how they have grown and changed since they were babies.<br>To know about the physical changes that happen at puberty.<br>To understand what menstruation and wet dreams are.<br>To know how to manage menstruation and wet dreams.<br>To know the importance of hygiene during puberty.<br>To know how and why emotions and relationships change during puberty. | To know how to deal with feelings in relationships<br>To develop a sense of belonging.<br>Anti-racism:<br>Unconscious Bias To develop a sense of belonging.<br>To recap the qualities of a good friend. |
| YEAR 6 | **DRUGS, ALCOHOL & TOBACCO**<br>BEING SAFE<br><br>RESPECTFUL RELATIONSHIPS<br><br>GROWTH & DEVELOPMENT<br><br>**BASIC FIRST AID**<br><br>**ONLINE RELATIONSHIPS** | To set a goal<br>To learn how to talk about mental health and wellbeing<br>To know who can help us and how to ask for help<br>To know the difference between a big and a small feeling.<br>To learn how to be a good listener.<br>Being Anti-racist<br>Representation matters<br>Myth Busting | To learn about assessing the level of risk in different situations involving drug use.<br>To learn about ways to manage risk in situations involving drug use.<br>ANTI-BULLYING WEEK<br>Tender 1<br>Tender 2<br>Tender 3<br>To understand the concept of appearance ideals. | To know there are a range of salaries for different jobs.<br>To understand 'value for money'.<br>To understand stereotypes associated with homelessness.<br>To learn about mental health; what it means and how we can take care of it.<br>To learn about how feelings and emotions are affected and can be managed. | Identify different tactics someone might use to manipulate another person online. Online gaming, social media, and scam risks:<br>Explain what to do if someone tries to pressure or manipulate them. To begin to identify risks and risky behaviour.<br><br>To challenge gender stereotypes.<br>Tender 4 .<br>Tender 5 | To identify the qualities of a good friend.<br>To remind pupils about the physical, emotional and social changes during puberty.<br>To know the difference between an adult intimate/loving relationship and other types of relationships.<br>To know how a baby is made<br>To know how a baby is made and grows (conception and pregnancy). | E-safety<br>Online gaming, social media, and scam risks:<br>Live Your Dreams x6<br>To understand how to develop positive self-talk.<br>To learn how to manage screen time and maintain a healthy balance.<br>**To learn the importance of good sleep.** |

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| | **SEX EDUCATION**<br><br>**MENTAL WELLBEING** | | | | | | |