



SMSC Curriculum Map 23-24 – Rotherhithe Primary School



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Reception	<u>Being me in my world</u> -To know that we are similar and different but we belong together. -To recognise feelings and know why it is good to be kind and use gentle hands. -Explore what it means to make our school a good place to be.	<u>Celebrating Difference</u> -Accept that everyone is different -Include others when playing -Know how to help someone when they are being bullied Try to use kind words.	<u>Dreams and Goals</u> -Stay motivated when doing something challenging -Keep trying even when it is difficult, -Work well with a partner or in a group -Have a positive attitude	<u>Healthy Me</u> -Understand healthy balanced diets -Being physically active -Healthy friendships. -Know how to keep calm and deal with difficult situations.	<u>Relationships</u> -Know how to make friends -Try to solve friendship problems -Help others to feel part of a group -Show respect in how they treat others.	<u>Family and Friendship:</u> Lesson 1: Caring Friendship Lesson 2: Being Kind Lesson 3: Families
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Year 1	<u>First Week Back Mind up: Getting Focused</u> Lesson 1: How our Brain Works <u>Being Me in My World</u> -Special & Safe -Rights & Responsibilities -Rewards & Consequences	<u>Celebrating Difference</u> -Discussing similarities and differences and what makes us unique and special. -Learning about bullying, how it feels and who to ask for help. -Discuss friendships, differences, and the importance of being kind.	<u>Dreams and Goals</u> -Setting simple goals, how to achieve them and overcoming difficulties when they try. -Recognising feelings associate with facing obstacles. -Discuss partner working and how to do this well.	<u>Healthy Me</u> -Recognise healthy and unhealthy choices and how these make us feel. - Discuss importance of hygiene, keeping clean and that germs will make us unwell. -Learn about road safety and people who can help us stay safe	<u>Relationships</u> -Exploring friendships. -Understanding how to treat others with respect. -Exploring ways to help myself and others when feeling upset.	<u>Christopher Winter Project</u> (SRE and Drugs & Alcohol Education) <u>Growing and Caring for ourselves:</u> Lesson 1: Different Friends Lesson 2: Growing and Changing Lesson 3: Families and Care



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Year 2	<u>First Week Back</u> Mind up: Getting Focused Lesson 1: How our Brain Works <u>Being Me in My World</u> -Understanding what it means to belong. -Understanding what it means to feel safe and happy in my class. -Understanding rights and responsibilities.	<u>Celebrating Difference</u> -Discussing gender stereotypes, differences and similarities between boys and girls. -Identifying feelings associated with bullying and where to seek help. -Exploring friendships and differences.	<u>Dreams and Goals</u> -Setting realistic goals and understanding the steps to achieve them. -Discussing perseverance and recognising strengths and difficulties as a learner. -Sharing success with other people.	<u>Healthy Me</u> -Learn about healthy food and making healthy choices. -Identifying things that make you relaxed and stressed. -Discussing what medicines are and how to use them safely.	<u>Relationships</u> Discussing roles and responsibilities in a family and the importance of cooperation, appreciation, and trust. -Learn and practise strategies for conflict resolution. -Understanding the importance of trust in relationships. -Discussing how to seek help if they are worried or scared.	<u>Christopher Winter Project</u> (SRE and Drugs & Alcohol Education) <u>Differences:</u> Lesson 1: Differences Lesson 2: Male and Female Animals Lesson 3: Naming Body Parts
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Year 3/4	<u>First Week Back</u> Mind up: Getting Focused Lesson 1: How our Brain Works Lesson 2: Mindful Awareness <u>Being Me in My World</u> -Discuss goals and challenges they may face for the year ahead.	<u>Celebrating Difference</u> -Judging by appearances -Understanding Influences - Understanding bullying -Problem solving	<u>Dreams and Goals</u> -Hopes & dreams -Broken dreams -Overcoming disappointment -Creating new dreams -Achieving goals	<u>Healthy Me</u> -My friends and me -Group dynamics -Smoking -Alcohol -Healthy friendships -Inner strength	<u>Relationships</u> -Jealousy -Love and loss -Getting on and falling out -Girlfriends & boyfriends	<u>Christopher Winter Project</u> (SRE and Drugs & Alcohol Education) <u>Year 3 Valuing Difference and Keeping Safe:</u> Lesson 1: Body Difference Lesson 2: Personal Space Lesson 3: Help and Support



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	<p>-Identify rights and responsibilities as a member of the class, school, wider community, and country they live in.</p> <p>-Explore what democracy means, how it benefits their school and how they could contribute towards it.</p>					<p><u>Year 4 Growing up:</u> Lesson 1: Changes Lesson 2: What is Puberty? Lesson 3: Healthy Relationships</p>
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Year 5/6	<p><u>First Week Back</u> Mind up: Getting Focused Lesson 1: How our Brain Works Lesson 2: Mindful Awareness Lesson 3: Focused Awareness</p> <p><u>Being Me In My World</u></p> <p>-Discuss the year ahead, setting goals and discussing fears and worries for the future.</p> <p>-Learn about the United Nations</p>	<p><u>Celebrating Difference</u></p> <p>-Identifying similarities and differences and recognising that for some people, being different is hard.</p> <p>- Explore bullying and how people can have power over others in a group. Discuss strategies for dealing with this as well as wider bullying issues.</p> <p>-Learn about people with</p>	<p><u>Dreams and Goals</u></p> <p>-Identify own strengths and discuss how to further stretch themselves by setting challenging and realistic goals.</p> <p>-Explore various global issues and explore places where people may be suffering or living in difficult situations.</p> <p>-Discuss what they think their classmates like and admire as well as working on giving</p>	<p><u>Healthy Me</u></p> <p>-Understand the importance of taking responsibilities for their own physical and emotional health and choices linked to this.</p> <p>-Discuss different types of drugs and the effects this can have on people's bodies.</p> <p>-Discuss exploitation as well as gang culture and associated risks. - Explore what mental</p>	<p><u>Relationships –</u></p> <p>-Explore and discuss mental health and how to take care of their own mental well-being.</p> <p>-Identify the stages in a grief cycle and discuss the different causes of grief and loss.</p> <p>-Discuss online safety, learning how to judge if something is safe and helpful.</p>	<p><u>Christopher Winter Project</u> (SRE and Drugs & Alcohol Education)</p> <p><u>Year 5 Puberty:</u> Lesson 1: Talking about Puberty Lesson 2: The Reproductive system Lesson 3: Help and Support</p> <p><u>Year 6 Puberty, Relationships & Reproduction - Lesson</u> 1: Puberty & Reproduction Lesson 2: Communication in Relationships</p>



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	<p>Convention on the Rights of the Child.</p> <p>-Talk about choices and actions and how these could have far-reaching effects on others.</p> <p>-Revisit democracy, how it benefits the school and how they can contribute towards it</p>	<p>disabilities and look at examples of people who have amazing lives and achievements.</p>	<p>others praise and compliments.</p>	<p>health/illness is and recognise that people can have different attitudes towards this. Recognise the triggers for and feelin</p>	<p><u>FGM awareness</u></p>	<p>Lesson 3: Families, Conception & Pregnancy Lesson 4: Online Relationships.</p> <p><u>Drug education –</u> preventing early use.</p>
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