



SMSC Curriculum Map 25-26 – Rotherhithe Primary School



	Autumn		Spring 1	Spring 2	Summer 1	Summer 2
PSHE Reception	<p>Empathy Lesson</p> <ul style="list-style-type: none"> To Recognise and respect other people's feelings. <p>Zones of Regulation lesson – lesson on different zones and what they are – linking feelings to zones</p> <p>Class Charter, expectations and brain break lesson</p> <p>Mind up: Getting Focused Lesson 1: How our Brain Works</p>	<p>Self-Regulation</p> <ul style="list-style-type: none"> Identifying my feelings Coping strategies Emotional adjectives Facial expressions 	<p>Building Relationships</p> <ul style="list-style-type: none"> Special people Sharing I am unique Similarities and differences Sharing What makes a good friend Being a good friend 		<p>Managing Self</p> <ul style="list-style-type: none"> Why do we have rules Building towers Team races What is exercise? Being a safe pedestrian Eating Healthy 	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					<p>Emotion Explorers</p> <p>– Discreet lessons on Zones of Regulation and strategies to support.</p>	
PSHE Year 1	<p>L1: Class Charter, expectations and brain break reminder</p> <p>L2: Mind up: Getting Focused Lesson 1: How our Brain Works</p>	<p>Family and Relationships</p> <p>L1 What is family?</p> <p>L2 What are friendships?</p>	<p>Health and Wellbeing</p> <p>L1 Understanding my emotions</p> <p>L3 Ready for bed</p> <p>L5 Handwashing &</p>	<p>Citizenship</p> <p>L1 Rules</p> <p>L3 The needs of others</p> <p>L4 Similar, yet different</p>	<p>Economic Wellbeing</p> <p>L1 What is money</p> <p>L2 Keeping money safe</p> <p>L3 What is a bank</p>	<p>Christopher Winter Project (SRE and Drugs & Alcohol Education)</p> <p>Growing and Caring for ourselves: Lesson 1: Different Friends</p>



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	<p><u>L3: Zones of regulation</u> Remind children of zones of regulation. As a class come up with strategies as to what to do if you find yourself in particular zones.</p> <p>Create zones of regulation posters.</p> <p><u>L4: Kapow Introduction Lesson</u> -Setting ground rules for PSHE lessons.</p> <p><u>L5 and L6 X2 Empathy Lessons</u></p> <ul style="list-style-type: none"> - To recognise and name different emotions in themselves and others, building the foundation for empathy. - To show kindness and understanding toward others' feelings. 	<p>L5 Friendship problems</p> <p>L6 Healthy friendships</p> <p>L7 Gender stereotypes</p>	<p>personal hygiene</p> <p>L6 Sun safety</p> <p>L7 Allergies</p>	<p>L5 Belonging</p> <p>L6 Democratic Decisions</p>	<p>L4 Saving and spending</p>	<p>Lesson 2: Growing and Changing</p> <p>Lesson 3: Families and Care</p>
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Year 2	<p><u>L1:</u> Class Charter, expectations and brain break reminder</p> <p><u>L2: Mind up: Getting Focused</u></p>	<p><u>Family and Relationships</u></p> <p>L2 Families are all different</p>	<p><u>Health and Wellbeing</u></p> <p>L1 Experiencing different emotions</p>	<p><u>Citizenship</u></p> <p>L1 Rules beyond school</p> <p>L2 Our school environment</p>	<p><u>Economic Wellbeing</u></p> <p>L1 Where does money come from</p> <p>L2 Exploring needs</p>	<p><u>Christopher Winter Project</u> (SRE and Drugs & Alcohol Education)</p> <p><u>Differences:</u> Lesson 1: Differences</p>



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	<p>Lesson 1: How our Brain Works</p> <p><u>L3: Zones of regulation</u> Remind children of zones of regulation. As a class come up with strategies as to what to do if you find yourself in particular zones.</p> <p>Create zones of regulation posters.</p> <p><u>L4: Kapow Introduction Lesson</u> -Setting ground rules for PSHE lessons.</p> <p><u>L5 and L6 X2 Empathy Lessons</u></p> <ul style="list-style-type: none"> - To recognise and name different emotions in themselves and others, building the foundation for empathy. - To show kindness and understanding toward others' feelings. 	<p>L4 Unhappy friendships</p> <p>L5 Introduction to manners and courtesy</p> <p>L6 Change and loss</p> <p>L7 Gender stereotypes: Careers and jobs</p>	<p>L3 Relaxation: breathing techniques</p> <p>L5 Developing a growth mindset</p> <p>L6 Healthy diet</p> <p>L7 Looking after our teeth</p>	<p>L4 Jobs in our local community</p> <p>L5 Similar yet different- my local community</p> <p>L7 Giving my opinion</p>	<p>L3 Exploring wants</p> <p>L4 Bank cards and accounts</p>	<p>Lesson 2: Male and Female Animals</p> <p>Lesson 3: Naming Body Parts</p>
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Year 3	<u>L1:</u> Class Charter, expectations and brain break reminder	<u>Family and Relationships</u> L1 Healthy families	<u>Health and Wellbeing</u> L1 My healthy diary	<u>Citizenship</u> L1 Rights of the child	<u>Economic Wellbeing</u>	<u>Christopher Winter Project</u> (SRE and Drugs & Alcohol Education)



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	<p><u>L2 and L3: Mind up: Getting Focused</u> Lesson 1: How our Brain Works Lesson 2: Mindful Awareness</p> <p><u>L4: Zones of regulation</u> Remind children of zones of regulation. As a class come up with strategies as to what to do if you find yourself in particular zones. Create zones of regulation posters.</p> <p><u>L5: Kapow Introduction Lesson</u> -Setting ground rules for PSHE lessons.</p> <p><u>L6 and L7 X2 Empathy Lessons</u></p> <ul style="list-style-type: none"> - To recognise and describe how others might feel in different situations. - To identify ways to show empathy through actions. 	<p>L2 Friendship conflicts</p> <p>L3 Friendship: conflict vs Bullying</p> <p>L5 Learning who to trust</p> <p>L6 Respecting differences in others</p> <p>L7 Stereotyping gender</p>	<p>L3 Wonderful me</p> <p>L5 Resilience: breaking down barriers</p> <p>L6 Communicating my feelings</p> <p>L7 Diet and dental health</p>	<p>L2 Rights and responsibility</p> <p>L5 Charity</p> <p>L6 Local democracy</p> <p>L7 Rules</p>	<p>L1 How do people pay for things</p> <p>L2 Budgeting</p> <p>L3 How do people feel about money</p> <p>L4 What happens when people spend money</p> <p>L5 Career quest</p>	<p><u>Valuing Difference and Keeping Safe</u></p> <p>Lesson 1: Body Difference</p> <p>Lesson 2: Personal Space</p> <p>Lesson 3: Help and Support</p>
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
			<u>Brain buddies –</u> Wellbeing, Zones of Regulation and Mental Health Toolkit			



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<p>PSHE Year 4</p>	<p><u>L1:</u> Class Charter, expectations and brain break reminder</p> <p><u>L2 and L3: Mind up: Getting Focused</u> Lesson 1: How our Brain Works Lesson 2: Mindful Awareness</p> <p><u>L4: Zones of regulation</u> Remind children of zones of regulation. As a class come up with strategies as to what to do if you find yourself in particular zones.</p> <p>Create zones of regulation posters.</p> <p><u>L5: Kapow Introduction Lesson</u> -Setting ground rules for PSHE lessons.</p> <p><u>L6 and L7</u> <u>X2 Empathy Lessons</u></p> <ul style="list-style-type: none"> - To recognise and describe how others might feel in different situations. - To identify ways to show empathy through actions. 	<p><u>Family and Relationships</u></p> <p>L1 Respect and manners</p> <p>L2 Healthy friendship</p> <p>L4 Bullying</p> <p>L6 Stereotypes: Disability</p> <p>L8 Change and loss</p>	<p><u>Health and Wellbeing</u></p> <p>L1 Looking after our teeth</p> <p>L3 Celebrating mistakes</p> <p>L5 My happiness</p> <p>L6 Emotions</p> <p>L7 Mental health</p>	<p><u>Citizenship</u></p> <p>L1 What are human rights?</p> <p>L2 Caring for the environment</p> <p>L3 Community</p> <p>L5 Diverse communities</p> <p>L6 Local Councillors</p>	<p><u>Economic Wellbeing</u></p> <p>L1 Value for money</p> <p>L2 Why keep track of money</p> <p>L3 Looking after money</p> <p>L4 What influences career choices</p>	<p><u>Christopher Winter Project</u> (SRE and Drugs & Alcohol Education)</p> <p><u>Year 4 Growing up:</u> <u>Lesson 1:</u> Changes <u>Lesson 2:</u> What is Puberty? <u>Lesson 3:</u> Healthy Relationships</p>
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
						Brain Buddies Next Steps - Reviewing Wellbeing Toolkit, Zones of Regulation, Boundaries and Personal Space.
PSHE Year 5	<p>L1: Class Charter, expectations and brain break reminder</p> <p>L2, L3 and L4 Mind up: Getting Focused Lesson 1: How our Brain Works Lesson 2: Mindful Awareness Lesson 3: Focused Awareness</p> <p>L5: Zones of regulation Remind children of zones of regulation. As a class come up with strategies as to what to do if you find yourself in particular zones.</p> <p>Create zones of regulation posters.</p> <p>L6: Kapow Introduction Lesson -Setting ground rules for PSHE lessons.</p> <p>L7 and L8 X2 Empathy Lessons</p>	<p>Family and Relationships</p> <p>L2 Friendship skills</p> <p>L3 Marriage</p> <p>L4 Respecting myself</p> <p>L5 Family life</p> <p>L6 Bullying</p> <p>L8 Stereotypes: Race and religion</p>	<p>Health and Wellbeing</p> <p>L2 The importance of rest</p> <p>L3 Embracing failure</p> <p>L5 Taking responsibility for my feelings</p> <p>L6 Healthy meals</p> <p>L7 Sun safety</p>	<p>Citizenship</p> <p>L1: Breaking the law</p> <p>L2 Rights and Responsibilities</p> <p>L4 Contributing to the community</p> <p>L5 Pressure groups</p> <p>L6 Parliament</p>	<p>Economic Wellbeing</p> <p>L1 Why prioritise needs over wants</p> <p>L2 What is a weekly budget</p> <p>L3 What is borrowing and loaning</p> <p>L4 Risks handling money online</p>	<p>Christopher Winter Project (SRE and Drugs & Alcohol Education)</p> <p>Puberty, Relationships & Reproduction - Lesson 1: Talking about Puberty Lesson 2: The Reproductive system Lesson 3: Help and Support</p>



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	<ul style="list-style-type: none"> - To understand how to respond empathetically in complex social situations. - To apply empathy to real-life school or community situations. 					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Year 6	<p>L1: Class Charter, expectations and brain break reminder</p> <p><u>L2, L3 and L4 Mind up: Getting Focused</u> Lesson 1: How our Brain Works Lesson 2: Mindful Awareness Lesson 3: Focused Awareness</p> <p><u>L5: Zones of regulation</u> Remind children of zones of regulation. As a class come up with strategies as to what to do if you find yourself in particular zones.</p> <p>Create zones of regulation posters.</p> <p><u>L6: Kapow Introduction Lesson</u></p>	<p><u>Family and Relationships</u></p> <p>L1 Respect</p> <p>L2 Respectful relationships</p> <p>L4 Challenging stereotypes</p> <p>L5 Resolving conflict</p> <p>L6 Change and loss</p>	<p><u>Health and Wellbeing</u></p> <p>L3 Taking responsibility for my health</p> <p>L4 The impact of technology on health</p> <p>L5 Resilience toolbox</p> <p>L6: Immunisation</p> <p>L8 Physical Health concerns</p>	<p><u>Citizenship</u></p> <p>L1 Human rights</p> <p>L4 Prejudice and Discrimination</p> <p>L5 Valuing diversity</p> <p>L6 National democracy</p>	<p><u>Economic Wellbeing</u></p> <p>L1 How do people navigate their feelings about money</p> <p>L2 How do people keep money safe</p> <p>L3 What money responsibilities are there in secondary school</p> <p>L4 What are the risks of gambling</p> <p>L6 Career routes</p>	<p><u>Christopher Winter Project</u> (SRE and Drugs & Alcohol Education)</p> <p><u>Puberty, Relationships & Reproduction - Lesson 1:</u> Puberty & Reproduction <u>Lesson 2:</u> Communication in Relationships <u>Lesson 3:</u> Families, Conception & Pregnancy <u>Lesson 4:</u> Online Relationships.</p> <p><u>Drug education –</u> preventing early use.</p> <p><u>Extra Kapow Unit – Identity</u></p> <ul style="list-style-type: none"> - L1 – What is Identity



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	<p>-Setting ground rules for PSHE lessons.</p> <p><u>L7 and L8</u> <u>X2 Empathy Lessons</u></p> <ul style="list-style-type: none">- To understand how to respond empathetically in complex social situations.- To apply empathy to real-life school or community situations.					<ul style="list-style-type: none">- L2 Identity and body language
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