



# SMSC Curriculum Map 26-27 – Rotherhithe Primary School



|                | Autumn                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                              | Spring 1                                                                                                                                                                                                                                                          | Spring 2                                                                                   | Summer 1                                                                                                                                                                                                                            | Summer 2                                                                                                                                          |
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| PSHE Reception | <b><u>Empathy Lesson</u></b><br>- To Recognise and respect other people's feelings.<br><br><b><u>Zones of Regulation lesson</u></b> – lesson on different zones and what they are – linking feelings to zones<br><br>Class Charter, expectations and brain break lesson<br><br><b><u>Mind up: Getting Focused</u></b><br>Lesson 1: How our Brain Works | <b><u>Self-Regulation</u></b> <ul style="list-style-type: none"> <li>Identifying my feelings</li> <li>Coping strategies</li> <li>Emotional adjectives</li> <li>Facial expressions</li> </ul> | <b><u>Building Relationships</u></b> <ul style="list-style-type: none"> <li>Special people</li> <li>Sharing</li> <li>I am unique</li> <li>Similarities and differences</li> <li>Sharing</li> <li>What makes a good friend</li> <li>Being a good friend</li> </ul> |                                                                                            | <b><u>Managing Self</u></b> <ul style="list-style-type: none"> <li>Why do we have rules</li> <li>Building towers</li> <li>Team races</li> <li>What is exercise?</li> <li>Being a safe pedestrian</li> <li>Eating Healthy</li> </ul> |                                                                                                                                                   |
|                | Autumn 1                                                                                                                                                                                                                                                                                                                                               | Autumn 2                                                                                                                                                                                     | Spring 1                                                                                                                                                                                                                                                          | Spring 2                                                                                   | Summer 1                                                                                                                                                                                                                            | Summer 2                                                                                                                                          |
|                |                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                              |                                                                                                                                                                                                                                                                   |                                                                                            | <b><u>Emotion Explorers</u></b><br>– Discreet lessons on Zones of Regulation and strategies to support.                                                                                                                             |                                                                                                                                                   |
| PSHE Year 1    | <b><u>L1:</u></b> Class Charter, expectations and brain break reminder<br><br><b><u>L2: Mind up: Getting Focused</u></b><br>Lesson 1: How our Brain Works                                                                                                                                                                                              | <b><u>My Healthy Self</u></b><br>How can we look after our emotions?<br><br>L1 What emotions can we recognise?                                                                               | <b><u>Connecting with Others</u></b><br>How can I help myself and others feel happy and safe?<br><br>L1 What makes me special?                                                                                                                                    | <b><u>The Online World:</u></b><br>How do we spend time online<br><br>L1 When am I online? | <b><u>Citizenship</u></b><br>How can I help others and the environment?<br><br>L1 What do babies and toddlers need?                                                                                                                 | <b><u>Growing and Caring for Ourselves:</u></b><br>Lesson 1: Different Friends<br><br>Lesson 2: Growing and Changing<br><br>Lesson 3: Body safety |



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|             | <p><b><u>L3: Zones of regulation</u></b><br/>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><b><u>L4: Kapow Introduction Lesson</u></b><br/>- L1 Setting rules for PSHE lessons.</p> <p><b><u>L5 X1 Empathy Lessons</u></b><br/>- To recognise and name different emotions in themselves and others, building the foundation for empathy.</p> | <p>L2 When and why do people show different emotions?</p> <p>L3 How can emotions change?</p> <p>L6 What can we do when our feelings get tricky?</p> | <p>L2 How do families show love and care for each other?</p> <p>L3 What helps me feel safe and cared for?</p> <p>L4 What is a friend?</p> <p>L7 How should people behave towards others?</p> | <p>L2 What can I do online and what can I do in person?</p> <p>L3 How should I behave when I use a device?</p> <p>L5 What should I do if I see something online that worries me?</p> <p>L6 How can I stay safe online?</p> | <p>L2 What do animals need?</p> <p>L3 How can we look after our school environment?</p> <p>L4 How can I share my ideas respectfully?</p> <p>L5 Who helps look after our local environment?</p> <p>L6 How do rules help everyone?</p> | <p>Lesson 4: Families and Care</p>                                                                                                                                                              |
|             | Autumn 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Autumn 2                                                                                                                                            | Spring 1                                                                                                                                                                                     | Spring 2                                                                                                                                                                                                                   | Summer 1                                                                                                                                                                                                                             | Summer 2                                                                                                                                                                                        |
| PSHE Year 2 | <p><b><u>L1:</u></b> Class Charter, expectations and brain break reminder</p> <p><b><u>L2: Mind up: Getting Focused</u></b><br/>Lesson 1: How our Brain Works</p> <p><b><u>L3: Zones of regulation</u></b></p>                                                                                                                                                                                                                                                                         | <p><b><u>My Healthy Self</u></b><br/>How can we look after ourselves and our bodies?</p> <p>L1 What emotions can we recognise?</p>                  | <p><b><u>Caring with Others</u></b><br/>How can I build safe, kind and caring relationships with others?</p> <p>L1 What makes me special?</p>                                                | <p><b><u>The Online World</u></b><br/>How can we stay safe online?</p> <p>L1 When am I online?</p> <p>L2 What can I do online and what can I do in person?</p>                                                             | <p><b><u>Citizenship</u></b><br/>How do people belong to a community and earn money?</p> <p>Exploring communities, belonging and money through learning about the</p>                                                                | <p><b><u>Christopher Winter Project</u></b><br/>(SRE and Drugs &amp; Alcohol Education)</p> <p><b><u>Differences:</u></b><br/>Lesson 1: Gender stereotypes</p> <p>Lesson 2: Male and Female</p> |



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|             | <p>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><b><u>L4: Kapow Introduction Lesson</u></b><br/>-Setting ground rules for PSHE lessons.</p> <p><b><u>L5 and L6 X2 Empathy Lessons</u></b></p> <ul style="list-style-type: none"> <li>- To recognise and name different emotions in themselves and others, building the foundation for empathy.</li> <li>- To show kindness and understanding toward others' feelings.</li> </ul> | <p>L2 When and why do people show different emotions?</p> <p>L3 How can emotions change?</p> <p>L4 What helps us to feel calm and excited?</p> <p>L5 What might make us feel worried, annoyed or upset?</p> <p>L6 What can we do when our feelings get tricky?</p> | <p>L2 How do show love and care for each other?</p> <p>L3 What helps me feel safe and cared for?</p> <p>L4 What is a friend?</p> <p>L5 How can we have a kind a friendly class?</p> <p>L6 How should people behave towards others?</p> | <p>L3 How should I behave when I use a device?</p> <p>L4 How can I balance screen time with in-person activities?</p> <p>L5 What should I do if I see something online that worries me?</p> <p>L6 How can I stay safe online?</p> | <p>groups people belong to, the jobs people do and where money comes from.</p> <p><b>To be reviewed and updated when the new National Curriculum is released in 2027.</b></p> | <p>Lesson 3: Naming Body Parts</p> <p>Lesson 4: My body belongs to me</p>                                                                            |
|             | Autumn 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Autumn 2                                                                                                                                                                                                                                                           | Spring 1                                                                                                                                                                                                                               | Spring 2                                                                                                                                                                                                                          | Summer 1                                                                                                                                                                      | Summer 2                                                                                                                                             |
| PSHE Year 3 | <p><b><u>L1:</u></b> Class Charter, expectations and brain break reminder</p> <p><b><u>L2 and L3: Mind up: Getting Focused</u></b><br/>Lesson 1: How our Brain Works</p>                                                                                                                                                                                                                                                                                                                                                                                                    | <p><b><u>My Healthy Self</u></b><br/>How can I take care of my mind and body?</p> <p>L1 How do emotions affect my body?</p>                                                                                                                                        | <p><b><u>Connecting with Others</u></b><br/>What helps us feel safe and included?</p> <p>L1 How can I respect myself?</p>                                                                                                              | <p><b><u>The Online World</u></b><br/>How should we communicate online?</p> <p>L1 How do we communicate online?</p>                                                                                                               | <p><b><u>Citizenship</u></b><br/>What rights and responsibilities do we have</p> <p>L1 What are human rights?</p>                                                             | <p><b><u>Christopher Winter Project</u></b><br/>(SRE and Drugs &amp; Alcohol Education)</p> <p><b><u>Valuing Difference and Keeping Safe</u></b></p> |



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|             | <p>Lesson 2: Mindful Awareness</p> <p><b><u>L4: Zones of regulation</u></b><br/>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><b><u>L5: Kapow Introduction Lesson</u></b><br/>-Setting ground rules for PSHE lessons.</p> <p><b><u>L6 and L7 X2 Empathy Lessons</u></b></p> <ul style="list-style-type: none"> <li>- To recognise and describe how others might feel in different situations.</li> <li>- To identify ways to show empathy through actions.</li> </ul> | <p>L2 How can I tell how someone else might be feeling?</p> <p>L3 How are my mind and body connected?</p> <p>L4 How does sleep help my mind and body?</p> <p>L5 What can I do when I experience strong emotions?</p> <p>L6 When should I ask an adult for emotional support?</p> | <p>L2 What are my personal boundaries?</p> <p>L3 What makes a family?</p> <p>L4 How can I be a good friend?</p> <p>L5 How can we repair a friendship after falling out?</p> <p>L6 What are the different types of bullying?</p> | <p>L2 How can we be respectful when we communicate online?</p> <p>L3 How can communication online sometimes be misunderstood?</p> <p>L4 How should I respond to online bullying?</p> <p>L5 Why do we need to be careful when communicating online?</p> <p>L6 How can I keep myself safe online?</p> | <p>L2 What rights should children have?</p> <p>L3 How can we help the environment by reducing what we use?</p> <p>L4 How can reusing items help the environment?</p> <p>L5 Why is recycling important?</p> | <p>Lesson 1: Body Difference</p> <p>Lesson 2: Personal Space and consent</p> <p>Lesson 3: Families and people who help us</p> <p>Lesson 4: Staying safe and getting help online.</p> |
|             | Autumn 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Autumn 2                                                                                                                                                                                                                                                                         | Spring 1                                                                                                                                                                                                                        | Spring 2                                                                                                                                                                                                                                                                                            | Summer 1                                                                                                                                                                                                   | Summer 2                                                                                                                                                                             |
|             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                  | <b><u>Brain buddies</u></b> – Wellbeing, Zones of Regulation and Mental Health Toolkit                                                                                                                                          |                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                            |                                                                                                                                                                                      |
| PSHE Year 4 | <b><u>L1:</u></b> Class Charter, expectations and brain break reminder                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b><u>My Healthy Self</u></b>                                                                                                                                                                                                                                                    | <b><u>Connecting with others</u></b>                                                                                                                                                                                            | <b><u>The Online World</u></b>                                                                                                                                                                                                                                                                      | <b><u>Citizenship</u></b>                                                                                                                                                                                  | <b><u>Christopher Winter Project</u></b>                                                                                                                                             |



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|  | <p><b><u>L2 and L3: Mind up: Getting Focused</u></b><br/>Lesson 1: How our Brain Works<br/>Lesson 2: Mindful Awareness</p> <p><b><u>L4: Zones of regulation</u></b><br/>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><b><u>L5: Kapow Introduction Lesson</u></b><br/>-Setting ground rules for PSHE lessons.</p> <p><b><u>L6 and L7 X2 Empathy Lessons</u></b></p> <ul style="list-style-type: none"> <li>- To recognise and describe how others might feel in different situations.</li> <li>- To identify ways to show empathy through actions.</li> </ul> | <p>L1 What is a balanced diet and why does having one matter?</p> <p>L2 How can being active help my mind and body?</p> <p>L3 How can I keep my energy up throughout the day?</p> <p>L4 How can I get support for myself and others?</p> <p>L5 How can I respond when things get hard?</p> <p>L6 Why is helping others good for me too?</p> | <p>How can we respect each other?</p> <p>L1 How can I show self-respect?</p> <p>L2 How can I show respect to others?</p> <p>L3 How can I build trusting friendships?</p> <p>L4 How can we solve friendship challenges?</p> <p>L5 How should I respond to bullying?</p> <p>L6 What is a stereotype?</p> | <p>How can we decide what to trust online?</p> <p>L1 How can the internet be helpful and challenging?</p> <p>L2 Is all online content appropriate for me?</p> <p>L3 Why should we be careful what we trust online?</p> <p>Lesson 4 How can we check if online information is reliable?</p> <p>L5 How can we use multiple sources to check online information?</p> <p>L6 Why should we question what we see online?</p> | <p>How can I spend money responsibly?</p> <p>L1 What is the role of money in our lives?</p> <p>L2 Why do people make different spending choices?</p> <p>L3 How can advertising influence us?</p> <p>L4 How can I budget and save money?</p> <p>L5 What risks should we be aware of when spending money online?</p> <p>L6 How can I make responsible spending choices?</p> | <p>(SRE and Drugs &amp; Alcohol Education)</p> <p><b><u>Year 4 Growing up:</u></b><br/><b>Lesson 1:</b> Changes<br/><b>Lesson 2:</b> What is Puberty?<br/><b>Lesson 3:</b> Healthy Relationships</p> |
|  | Autumn 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Autumn 2                                                                                                                                                                                                                                                                                                                                    | Spring 1                                                                                                                                                                                                                                                                                               | Spring 2                                                                                                                                                                                                                                                                                                                                                                                                               | Summer 1                                                                                                                                                                                                                                                                                                                                                                  | Summer 2                                                                                                                                                                                             |



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| PSHE<br>Year 5 | <p><b>L1:</b> Class Charter, expectations and brain break reminder</p> <p><b>L2, L3 and L4 Mind up: Getting Focused</b><br/>Lesson 1: How our Brain Works<br/>Lesson 2: Mindful Awareness<br/>Lesson 3: Focused Awareness</p> <p><b>L5: Zones of regulation</b><br/>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><b>L6: Kapow Introduction Lesson</b><br/>-Setting ground rules for PSHE lessons.</p> <p><b>L7 and L8 X2 Empathy Lessons</b><br/>- To understand how to respond</p> | <p><b>My Healthy Self</b><br/>How can I support my mind and body as I grow?</p> <p>L1 What do food labels really tell us?</p> <p>L2How active am I and how can I move more?</p> <p>L3 What are the different types of physical activity and how do they affect us?</p> <p>L4 How can I recognise complex feelings?</p> <p>L5 How can I respond to strong and complex feelings?</p> <p>L6 How can we tell when someone might need support with their mental health?</p> | <p><b>Connecting with others</b><br/>How can we respect each other?</p> <p>L1 How can I show self-respect?</p> <p>L2 How can I show respect to others?</p> <p>L3 How can I build trusting friendships?</p> <p>L4 How can we solve friendship challenges?</p> <p>L5 How should I respond to bullying?</p> <p>L6 What is a stereotype?</p> | <p><b>The Online World</b><br/>How can we decide what to trust online?</p> <p>L1 How can the internet be helpful and challenging?</p> <p>L2 Is all online content appropriate for me?</p> <p>L3 Why should we be careful what we trust online?</p> <p>L4 How can we check if online information is reliable?</p> <p>L5 How can we use multiple sources to check online information?</p> <p>L6 Why should we question what we see online?</p> | <p><b>Citizenship</b><br/>How can we make a difference in our communities and beyond?</p> <p><b>To be reviewed and updated when the new National Curriculum is released in 2027.</b></p> | <p><b>Christopher Winter Project</b><br/>(SRE and Drugs &amp; Alcohol Education)</p> <p><b>Puberty, Relationships &amp; Reproduction - Lesson 1:</b> Talking about Puberty<br/><b>Lesson 2:</b> The Reproductive system<br/><b>Lesson 3:</b> Help and Support</p> |



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|             | <p>empathetically in complex social situations.</p> <ul style="list-style-type: none"> <li>- To apply empathy to real-life school or community situations.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|             | Autumn 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Autumn 2                                                                                                                                                                                                                                                                                                                                                                                                                           | Spring 1                                                                                                                                                                                                                                                                                                                                                         | Spring 2                                                                                                                                                                                                                                                                                                                                                                                 | Summer 1                                                                                                                                                              | Summer 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| PSHE Year 6 | <p><b>L1:</b> Class Charter, expectations and brain break reminder</p> <p><b>L2, L3 and L4 Mind up:</b></p> <p><b>Getting Focused</b></p> <p>Lesson 1: How our Brain Works</p> <p>Lesson 2: Mindful Awareness</p> <p>Lesson 3: Focused Awareness</p> <p><b>L5: Zones of regulation</b></p> <p>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><b>L6: Kapow Introduction Lesson</b></p> <p>-Setting ground rules for PSHE lessons.</p> <p><b>L7 and L8</b></p> | <p><b>My Healthy Self</b></p> <p>How do my choices today shape my future</p> <p>L1 What do food labels really tell us?</p> <p>L2 How active am I and how can I move more?</p> <p>L3 What are the different types of physical activity and how do they affect us?</p> <p>L4 How can I recognise complex feelings?</p> <p>L5 How can I respond to strong and complex feelings?</p> <p>L6 How can we tell when someone might need</p> | <p><b>Connecting with others</b></p> <p>Why are healthy relationships important?</p> <p>L1 What makes me who I am?</p> <p>L2 How do families show commitment to each other?</p> <p>L3 How can families support and protect each other?</p> <p>L4 What helps us make and maintain healthy friendships?</p> <p>L5 How can we manage challenges in friendships?</p> | <p><b>The Online World</b></p> <p>How do I feel about the things I see online?</p> <p>L1 How do online platforms keep users engaged?</p> <p>L2 How can I make safe choices if I am gaming online?</p> <p>L3 Is online content always realistic?</p> <p>L4 What is harmful online behaviour?</p> <p>L5 Does what we post online matter?</p> <p>L6 How does being online make me feel?</p> | <p><b>Citizenship</b></p> <p>How can we protect everyone's rights?</p> <p><b>To be reviewed and updated when the new National Curriculum is released in 2027.</b></p> | <p><b>Christopher Winter Project</b></p> <p>(SRE and Drugs &amp; Alcohol Education)</p> <p><b>Puberty, Relationships &amp; Reproduction -</b></p> <p><b>Lesson 1:</b> Puberty &amp; Reproduction</p> <p><b>Lesson 2:</b> Communication in Relationships</p> <p><b>Lesson 3:</b> Families, Conception &amp; Pregnancy</p> <p><b>Lesson 4:</b> Online Relationships.</p> <p><b>Drug education –</b></p> <p>preventing early use.</p> <p><b>Extra Kapow Unit – Identify</b></p> <ul style="list-style-type: none"> <li>- L1 – What is Identity</li> <li>- L2 Identity and body language</li> </ul> |



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|  | <b><u>X2 Empathy Lessons</u></b> <ul style="list-style-type: none"><li>- To understand how to respond empathetically in complex social situations.</li><li>- To apply empathy to real-life school or community situations.</li></ul> | support with their mental health? | L6 How can I be assertive and respectful? |  |  |  |
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