

High Grange PSHE RSE

Long term mapping

Subject: PSHE Spiral 1/2/3/4/5/6 Key Stage: 1 and 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
	Health and wellbeing	Relationships	Living in the wider world	Health and wellbeing	Relationships	Living in the wider world	
Spiral 1	1) This is me (identity) 2) How we grow	1) Respect 2) Polite words 3) Sharing and taking turns 4) Being helpful 5) Being kind 6) Getting hurt	1) All about rules 2) Online world 3) Online safety	1) Keeping clean 2) Healthy teeth 3) Fun in the sun 4) Healthy food 5) Eating well 6) Keeping fit and healthy	1) People who care for me 2) What is a family? 3) Family and me 4) All about bodies 5) My body belongs to me 6) Asking for permission	1) Caring for living things 2) Recycling 3) Plastic and pollution 4) Global warming 5) My classroom community 6) Community helpers	
	3) What are feelings? 4) Feelings and loss 5) How we play and learn		4) Strengths and interests 5) Jobs and skills				
	6) Staying safe		6) Welcoming everyone				
Spiral 2	Living in the wider world	Health and wellbeing	Relationships	Living in the wider world	Health and wellbeing	Relationships	
	1) What is money? 2) Ways to pay 3) Earning money 4) Saving and spending 5) Wants and needs	1) Healthy habits 2) All about teeth 3) Sleep routines 4) Medicines 5) All about feelings 6) BIG feelings.	1) Making friends 2) Being a good friend 3) Playing with others 4) Working with others 5) Manners and respect 6) Resolving conflict	1) What is the internet? 2) Personal Data 3) Online safety 4) Online information	1) Human life cycle 2) Brilliant bodies 3) Safety and risk 4) Safety at home 5) Road safety 6) Accidents and emergencies	1) Feeling lonely 2) Bullying 3) Unkind words 4) Kindness 5) Secrets and surprises	
				5) Belonging to a community 6) Same/different (diversity)			
Spiral 3	Health and wellbeing	Relationships	Living in the wider world	Health and wellbeing	Relationships	Living in the wider world	
	1) Feelings and me 2) Resilience & self-esteem 3) Exercise and wellbeing	1) Role models 2) Manners and politeness 3) Family and me 4) People who care for me 5) Caring for others	1) Jobs and sectors 2) Careers and skills 3) Targets and goals 4) Career routes 5) Stereotypes	1) Personal safety & risk 2) Fire safety	1) Seeking permission 2) Privacy and boundaries 3) Friendship boundaries 4) Respectful behaviour 5) Bullying or teasing?	1) Rules and laws 2) Rights & responsibilities 3) E-safety 4) Age-appropriate content 5) Why is the news	
	4) Personal identity 5) Strengths and interests			3) Healthy eating 4) What is a habit? 5) Healthy choices			
Spiral 4	Living in the wider world	Health and wellbeing	Relationships	Living in the wider world	Health and wellbeing	Relationships	
	1) Value for money 2) Responsible spending 3) Keeping track of money 4) Gambling and risk 5) What is advertising?	1) Allergies 2) Germs and illness 3) Vaccinations 4) Drugs and medicines 5) Healthy lifestyles	1) Communicating online 2) Harmful content/contact 3) Preventing bullying 4) Hurtful behaviour 5) Secrets	1) Fake images 2) Digital footprint	1) Staying healthy	1) Committed relationships 2) Honesty & trust 3) Positive friendships	
				3) Diverse communities 4) Prejudice & discrimination 5) Racism	2) Growing up girls 3) Growing up boys 4) Changing emotions 5) Personal hygiene	4) Dares & challenges	
						5) Respecting difference	
Spiral 5	Living in the wider world	Health and wellbeing	Relationships	Living in the wider world	Health and wellbeing	Relationships	
	1) Internet & screentime 2) Age restrictions	1) Understanding emotions 2) Feelings & emotions 3) What is mental health?	1) Loving stable families 2) Caring for babies 3) Online behaviour & risks	1) Success & achievement 2) Responsibility 3) Courtesy & manners	1) Healthy habits 2) Sleep hygiene 3) Dental hygiene 4) First aid	1) Behaviour & respect 2) Feeling left out 3) Friendships	
	3) Careers & stereotypes						

	4) Fake news 5) Fireworks & bonfires	4) Self-esteem 5) Physical health 6) Germs, bacteria, and viruses	4) Online gaming danger 5) Stranger danger	4) Change, grief & loss 5) The environment – part 1 6) The environment – part 2	5) Sun safety 6) Medicines/product safety	4) Peer pressure 5) Bullying and hurtful behaviour
Spiral 6	Health and wellbeing	Relationships	Living in the wider world	Health and wellbeing	Relationships	Living in the wider world
	1) Being healthy – diet 2) Being healthy - exercise 3) Habits and addiction 4) Caffeine and energy drinks 5) What is alcohol? 6) Drugs 7) Vaping danger	1) Positive relationships 2) Disagreeing respectfully 3) Positive male role models 4) Family and commitment 5) Love and abuse	1) Help & advice 2) Identity & community 3) Diversity in the UK	1) Body image 2) Girls' puberty 3) Boys' puberty 4) Hormones & emotions 5) Mental health symptoms	1) Cyberbullying and harassment 2) Consent 3) Sexual harassment 4) Attraction 5) Human reproduction	1) What is money? 2) Attitudes about money 3) Money and the cost of living
			4) Social media 5) Online privacy & data	6) FGM		4) Personal safety & hazards 5) Transition

