

High Grange PSHE/ RSE

Long Trem Mapping Primary Spiral Reception 1/2/3/4/5/6

Key **RED** -Living in the Wider World. **Blue** – Relationships. **Yellow**- Health and Wellbeing

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Spiral 1	1) This Is Me (Identity) 2) How We Grow 3) What Are Feelings 4) Feelings and Loss 5) How We Play and Learn 6) Staying Safe	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 (Screen Time) 3) Online Safety 4) Strengths and Interests 5) Jobs and Skill 6) Welcoming Everyone	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 (Private Body Parts) 5) My Body Belongs to Me (Unwanted Touch) 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
TEAM ACE	Communication: identifying my needs and thoughts and ways I can share them To express needs, thoughts, and feelings clearly, building self-awareness, resilience, safety, and healthy relationships. To communicate respectfully and kindly, using polite words, sharing, helping others, and expressing feelings appropriately.		Adaptive Thinking: identifying when I have a problem what it feels like to have a problem To recognise problems, manage emotions, adapt choices, and use strengths to build positive, safe relationships. Think about safety To make healthy choices, care for my body, and stay clean, active, and safe every day.		Emotional Wellbeing: identifying my body responses and maybe making links to my emotions To understand my body's responses and emotions, build trust, respect boundaries, and seek help when needed. To care for my environment and community by acting responsibly, helping others, and protecting our world.	
Spiral 2	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 5) Belonging to a Community 6) Same/different (Diversity)	1) Human Life Cycle 2) Brilliant Bodies (Private Body Parts and Swimwear Rule) 3) Safety and Risk 4) Safety at Home 5) Road Safety 6) Accidents and Emergencies	1) Feeling Lonely 2) Bullying (Introduction) 3) Unkind Words 4) Kindness 5) Secrets and Surprises (Unsafe Touch) 6) Say Goodbye...Say Hello
TEAM ACE	Communication: identifying my needs and thoughts and ways I can share them To communicate my needs and choices responsibly by understanding money, saving, spending, and valuing what is important. To recognise my feelings and develop healthy habits that support my body, mind, and emotional wellbeing.		Adaptive Thinking: identifying when I have a problem what it feels like to have a problem To say if problems in friendships, manage emotions, and use respectful communication to build positive relationships. To use the internet safely, protect personal information, and respect diversity within online and offline communities.		Emotional Wellbeing: identifying my body responses and maybe making links to my emotions To understand feelings, show kindness, handle unkind behaviour safely, and build positive, supportive relationships with others To understand body changes, stay safe in different situations, and make responsible decisions to protect myself.	
Spiral 3	1) Feeling and Me (Coping Strategies) 2) Resilience and Self-Esteem 3) Exercise and Wellbeing 4) Grief and Loss (Autumn 2025) 5) Personal Identity 6) Strengths and Interests	1) Jobs and Sectors 2) Careers and Skills 3) Targets and Goals 4) Career Routes 5) Stereotypes	1) Role Models 2) Manners and Politeness 3) Family and Me 4) People Who Care for Me 5) Caring for Others	1) Personal Safety and Risk 2) Fire Safety 3) First Aid 1 (Burns and Scalds) 4) Healthy Eating 5) What Is a Habit? 6) Healthy Choices	1) Seeking Permission 2) Privacy and Boundaries 3) Friendship Boundaries 4) Managing Needs (NEW) 5) Respectful Behaviour 6) Bullying or Teasing	1) Rules and Laws 2) Rights and Responsibilities 3) Community Responsibilities 4) E-Safety 5) Age-Appropriate Content 6) Why Is the News Important? (Precursor to Fake News)

TEAM ACE	Communication: sharing my thoughts with one other person to reason and explain, listening to their thoughts to interact effectively To share and listen respectfully, expressing thoughts clearly to build resilience, self-awareness, and positive relationships. To communicate ambitions confidently, challenge stereotypes, and set goals using awareness of careers, skills, and opportunities.		Adaptive Thinking: identifying problem, and adjust thinking to identify a solution, e.g. Change viewpoint, consider different perspective and consider something new To recognise problems, explore different perspectives, and adapt thinking to build understanding, respect, and supportive relationships. To make safe, healthy choices by understanding risks, practising good habits, and responding responsibly in emergencies		Emotional Wellbeing: Recognising my body emotional responses and knowing how to feel more comfortable. To recognise my emotional and physical responses, respect boundaries, and manage feelings to build safe, supportive relationships. <i>“To recognise and respond to my emotions and body signals, respecting boundaries to build safe, supportive relationships.</i>	
S p i r a l 4	1) Responsible Spending 2) What Is Fairtrade? 3) Value for Money 4) Keeping Track of Money 5) What Is Advertising 6) Gambling and Risk	1) Healthy Lifestyles 2) Staying Healthy 3) First Aid 2 (Allergies) 4) Germs and Illness 5) Drugs and Medicines 6) Vaccinations	1) Internet and Screen Time 2) Age Restrictions 3) Communicating Online 4) Online Relationships (NEW) 5) Harmful Content / Contact 6) Secrets (Keeping Good Secrets / Sharing Bad)	1) Respecting Difference 2) Diverse Communities 3) Prejudice and Discrimination 4) Racism 5) Preventing Bullying 6) Hurtful Behaviour	1) Growing-up Girls 2) Growing-up Boys 3) Changing Emotions 4) Personal Hygiene 5) Dental Hygiene 6) Sleep Hygiene	1) Water Safety Code 2) Summer Safety 3) First Aid 3 (Asthma) 4) Committed Relationships 5) Honesty and Trust 6) Positive Friendships
TEAM ACE	Communication: sharing my thoughts with one other person to reason and explain, listening to their thoughts to interact effectively To communicate and reason thoughtfully about money choices, recognising fairness, risks, and responsible financial decision-making. To make informed, healthy choices by understanding illness prevention, medicine use, and ways to maintain overall wellbeing.		Adaptive Thinking: identifying problem, and adjust thinking to identify a solution, e.g. Change viewpoint, consider different perspective and consider something new To recognise online problems, think flexibly, and make safe, responsible choices in digital communication and relationships. To understand and respect differences, challenge prejudice and bullying, and promote kindness, equality, and inclusion in all relationships.		Emotional Wellbeing: Recognising my body emotional responses and knowing how to feel more comfortable. To understand body changes and emotions, developing good hygiene and healthy routines to support growing up well. To make safe, responsible choices, build trust and honesty, and maintain positive, supportive relationships.	
S p i r a l 5	1) Asking for Help 2) What Is Social Media? 3) Fake News 4) Fake Images (Photoshop and Deepfake Videos) 5) Digital Footprints 6) Bonfire Night	1) Healthy Habits 2) Being Healthy – Diet 3) Being Healthy – Exercise 4) Physical Health 5) Germs, Bacteria and Viruses 6) What Is Mental Health	1) Behaviour and Respect 2) Friendships 3) Feeling Left Out 4) Peer Pressure 5) Dares and Challenges 6) Bullying and Hurtful Behaviour	1) Courtesy and Manners 2) Success and Achievement 3) Independence and Responsibility 4) Careers and Stereotypes 5) The Environment – Part 1 6) The Environment – Part 2	1) Understand Emotions 2) Feelings and Emotions 3) Self-Esteem 4) Body Image 5) Boys’ Puberty 6) Girls’ Puberty	1) Positive Relationships 2) Loving Stable Families 3) Love and Abuse 4) FGM 5) Online Behaviour and Risks 6) Stranger Safety By Year 5/6, pupils should know:
TEAM ACE	Communication: sharing my thoughts with one other person to reason and explain, listening to their thoughts to interact effectively To think critically online, seek help when needed, and make safe, responsible choices in digital spaces. To understand the importance of physical and mental health by developing healthy habits for overall wellbeing.		Adaptive Thinking: identifying problem, and adjust thinking to identify a solution, e.g. Change viewpoint, consider different perspective and consider something new To recognise social problems, manage peer influence, and adapt thinking to respond respectfully and make positive choices. To act responsibly and respectfully, developing independence, challenging stereotypes, and contributing positively to the environment and society.		Emotional Wellbeing: Recognising my body emotional responses and knowing how to feel more comfortable. To recognise and manage emotions, build self-esteem, and develop a positive body image during puberty and growth To build safe, respectful relationships, recognise abuse and online risks, and understand the importance of trust and consent.	
S p i r a	1) Medicine and Product Safety 2) Habits and Addiction 3) Caffeine and Energy Drinks 4) What Is Alcohol? 5) Drugs (Introduction to Illegal	1) Disagreeing Respectfully, Having a voice 2) Positive Male Role Models (Harmful Stereotypes) 3) Cyberbullying and Harassment	1) Identity and Community 2) Diversity in the UK 3) Protected Characteristics 4) What Is Money? 5) Attitudes About Money	1) Puberty and Our Genes 2) Boys’ Puberty 3) Girls’ Puberty 4) Human Reproduction (Sex-Ed Part 1 - Conception)	1) Grief, Change and Loss 2) Transition to Secondary School Include •peer pressure scenarios •online	1) Consent 2) Sexual Harassment 3) Attraction and Crushes, Boyfriends and girl friends 4) Starting a Family

1 6	Drugs) 6) Vaping Danger	4) Online Gaming Danger 5) Group Chats (Bullying) 6) Online Privacy and Data	6) Money and the Cost of Living	5) Hormones and Emotions 6) Mental Health Symptoms	• communication risks (group chats, gaming) • early relationship behaviours • independence (walking home, • public spaces	Conception to birth 5) Family and Commitment 6) Caring for Babies
TEAM ACE	Communication: sharing my thoughts with one other person to reason and explain, listening to their thoughts to interact effectively To discuss and listen respectfully about substance use, understanding risks, safety, and making responsible, healthy choices. To communicate respectfully online and offline, challenge harmful stereotypes, and make safe, responsible digital choices.		Adaptive Thinking: identifying problem, and adjust thinking to identify a solution, e.g. Change viewpoint, consider different perspective and consider something new To recognise identity and diversity, understand money's role in society, and make fair, responsible financial decisions. To understand physical and emotional changes during puberty, developing self-awareness and healthy attitudes toward growth and wellbeing.		Emotional Wellbeing: Recognising my body emotional responses and knowing how to feel more comfortable. To recognise and manage emotional and physical responses to change, staying safe, resilient, and confident in new situations. To understand consent, relationships, and family life, showing respect, responsibility, and care for self and others.	

