

PSHE, including Relationships and Health Education, CURRICULUM MAP

Unit 1: Self-Awareness Me, who I am, my likes, dislikes, strengths and interests.	Unit 2: Self-care, Support & Safety Looking after myself and keeping safe; aspects of Relationships and Sex Education.	Unit 3: Managing Feelings Understanding feelings, and that how I feel and how others feel affects choices and behaviour; aspects of Relationships and Sex Education
Unit 4: Changing & Growing How I and others are changing, new opportunities and responsibilities; aspects of Relationships and Sex Education.	Unit 5: Healthy Lifestyles Being and keeping healthy, physically and mentally.	Unit 6: The World I Live in Living confidently in the wider world.

PSHE including Relationships and Health Education is taught throughout the school to support the development of skills for our children to make safe choices about their wellbeing, health and relationships as they grow up.

By the end of primary school, pupils will have been taught content on:

Relationships; families & people who care for me, caring friendships, respectful relationships, online relationships, being safe.

Health; mental wellbeing, internet safety & harms, physical health & fitness, healthy eating, facts & risks associated with drugs, alcohol & tobacco, health & prevention, basic first aid, changing adolescent body

Each unit of work is taught across all years with increasing depth as children develop an understanding of the topic. PATHS is part of the PSHE Curriculum.

Team 1 & 2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit 3. Managing Feelings	Unit 1. Self Awareness	Unit 3. Managing Feelings Unit 2. Self-care, Support & Safety	Unit 3. Managing Feelings Unit 4. Changing & Growing	Unit 3. Managing Feeling Unit 5. Healthy Lifestyles	Unit 3. Managing Feelings Unit 6. The World I Live In
Team 3					
Unit 1. Self-Awareness	Unit 2. Self-care, Support & Safety	Unit 3. Managing Feelings & Safety	Unit 5. Healthy Lifestyles	Unit 6. The World I Live In	Unit 4. Changing & Growing
PATHS (Promoting Alternative Thinking Strategies) PATHS supports pupils to develop social and emotional skills; self-awareness, self-management, social awareness, responsible decision making and relationship skills.					
Year 1 & 2					
Focus week First Aid	Focus week Healthy Eating		Focus week Being Safe		