

PSHE Knowledge and Skills Map						
Culture Capital British Values RHE SMSC						
	Autumn 1	Autumn 2 Module 1, Units 1 & 2	Spring 1 Module 1, Units 3 & 4	Spring 2 Module 2 Units 1 & 2	Summer 1 Module 2 Unit 3	Summer 2 Module 3 Unit 1 & 2
Nursery	<p>Do I like to make friends? Emotional Self-regulation Learn how to separate from carers, parents and siblings. Know how to ask when they need help or are upset. Know about their own feelings and how their choices can affect the feelings of others. Personal Managing self Learn hygiene before and after going to the toilet. Know how to carry and use equipment such as scissors, toaster. Learn how to hold a knife and a fork and a spoon. Know how to be safe when walking around the school grounds and how to stay safe. Begin to regulate their behaviour to make sure everyone is happy. Learn the notion of sharing. Social/ building relationships Learn how to say please and thank you. Know how to stay safe coming into class and leaving class at the end of the day. Learn what to do in a fire drill. Learn how to form a queue, how to stand still and stop when asked and how to tidy their space British Values know that there are rules in class that help us to stay safe. Know these as class rules or laws. Know what respect means. Diversity Know that we respect each other and there are many different families in Britain incl: grandparents, foster, adopted, 2 dads, two mums, single parents and step parents. Finance Know that some belongings are personal and some can be shared. Know how to respect other people's things because parents have bought them. Learn to respect equipment because they cost money to replace. Understand the concept of money. Black History Month</p>	<p>Can I respect others' celebrations? Emotional Self-regulation Know some common emotions and some typical pictures that can represent them such as hungry, thirsty, happy, sad, worried. Use an emotions board to show what they are feeling. In festivals know how to show kindness and generosity and manners e.g. when receiving presents. Personal Managing self Learn how to take off, put on and find their clothes and shared items such as wellies, rain macs etc Learn how to wash hands before eating, after doing something messy. Understand why they wash hands. Know how to use plates, forks, spoons and knives. Know the names of them. Learn that there are different spoons. Social/ building relationships Know how their behaviour can affect others. Learn how to look after someone else e.g. if they have tripped or are upset. Learn how to let someone go in front of them. Learn how to hold the door for others. Learn please, thank you and excuse me and bless you. Learn how to stop to a whistle, clap, bell. Firework and bonfire safety. Learn how to behave in different festivals and celebrations such as bonfires, fireworks etc British Values Learn that there are rules about using fireworks. Learn how to call 999 but the rules about calling them. Diversity Respect different festivals and celebrations and the fact that some people have different traditions Study Christmas, Diwali, Hannukah. Finance Understand how to say thanks for a gift because someone has spent time and money and effort making it or buying it. Understand the idea of someone lending something and someone giving something. Remembrance Anti-Bullying Week</p>	<p>Can I help people? Emotional Self-regulation Build on the emotions they have learned. Understand how to cope with disappointment, frustration and making mistake. Know that everyone is valued in the class for their contribution. Learn what caring means. Learn how to behave with others so that other children feel happy. Personal Managing self Know how to manage how they act to others. Build on hygiene skills and learn how to blow noses, cough in hands, how not to spread germs and diseases. Learn how to care for their teeth. Learn the hygiene of tooth care. Know how to wash hands before touching eyes and before eating. Social/ building relationships Understand the idea of fair and unfair and how this relates to building relationships with others. Learn how to take turns and how to share with others. Build on manners: letting someone go first; asking how someone is, stopping so as not to speak over someone and waiting for someone to speak. Stop what they are doing when requested. Know how to be quiet in different circumstances such as in assembly, when waiting for lunch. British Values Learn that people have different opinions and these should be respected. Learn that it is fine to like different things and have different views of the same thing. Diversity Understand that colours are not matched to gender so girls can like green and blue and boys can like pink and yellow for example. Learn that boys and girls can all cook and do housework and play with same toys Finance Understand how we can save money for example, by not having the doors and windows open in winter. Learn about switching lights and other equipment off, saving money. Children's Mental Health Awareness</p>	<p>Can I show care for the environment? Emotional Self-regulation Take care for an animal and a plant. Learn what animals need. Learn that pets have emotions and can be scared, excited. Learn how to be gentle with animals and positive ways of being with a dog and a cat, for example. Learn how to protect animals. Understand why it is wrong to harm or hurt animals. Personal Managing self Understand the concept of right and wrong. Know how to act in the right ways and what to do when they have done something wrong. Learn the notion of truth and lie. Learn how to clear up rubbish and not throw litter. Learn how to clear up after snack and lunch. Know that there are changes that happen as they grow. Learn how to clean themselves. Social/ building relationships Show sensitivity to others. Show patience. Learn how to complete an activity with someone else. Use this as a way of working together and helping each other. Learn to start valuing others' contributions. Use manners of appreciation. Use manners of sensitivity. Learn how to sit still and quietly in adult-led time such as phonics on the carpet, story time. British Values Learn about right and wrong, truth and lie, and that they have choices. Learn the good choices that people can make. Diversity Experience the awe and wonder of spring and new life, trees and plants blossoming and the diversity in the environment. Learn diversity in an animal such as the wide range of different dogs. Finance Understand the idea of waste and how expensive it is to waste equipment, materials, food, energy. Understand that looking after plants and animals costs money.</p>	<p>What is similar and different in people's lives? Emotional Self-regulation Building on caring: learn about some jobs in which people care for others such as nurse, vet, dentist, doctor, teacher, babysitter, childminder. Know that in some jobs, you have to control your emotions such as: police, fire officer, umpire. Personal Managing self Building on right and wrong, learn about the right and wrong ways of acting when you in a particular job or when you are a customer. Learn about trusted professions and who you can go to if worried or upset. Know that people are different and that some people find things funny and others find the same thing upsetting. Know how to stop themselves and learn the right choices. Social/ building relationships Learn how people in different jobs interact with others. Role play certain jobs such as: hotelier; builder; chef. Understand the idea of being polite and friendly to customers. Understand that people have different needs and likes. British Values Learn about tolerance in different jobs. Diversity Building on what they learned about gender – link this to jobs e.g. nurses can be men; builders can be women and girls. Chief executives of companies can be girls as can fire and police officers. Finance Know that we need a job to earn money so that we can buy things. Know that some jobs pay more than others. Mental Health Awareness</p>	<p>Can I prepare for a change of class? Emotional Self-regulation Learn to talk about feelings when things change and that change can sometimes be good. Learn how to prepare for a change such as a change in class or teacher to make the change smoother and easier. Understand that different is neither better nor worse. Personal Managing self Learn how to protect yourself in the summer. Know that sun is good for you as it contains good vitamins but it can damage your skin if you are out too long. Learn how to apply cream and sun cream and to cover heads in the sun. Learn that words and looks can hurt. Understand how to manage words and looks to be kind and helpful to others. Social/ building relationships Know that on holiday we sometimes see different people. Role play meeting someone new at the beach, camp site, hotel, city. Learn how to build a friendship with someone they have only just met. Know that other people speak different languages. Learn that some people use braille or sign language. Build their skills of manners further into scenarios based on meeting someone new. Understand that some people may not be able to hear what they said and can ignore them. British Values Learn to respect people's differences of opinion, for example games they like to play on holiday, where they like to sit, things they like to do. Diversity Learn about diversity in languages. Learn about people with different disabilities and how we can respect them. Finance Role play buying things for their summer holiday from a shop in pound notes and/or pennies (no other denominations). Know that holidays cost money particularly hotels and air fares but also camp sites and trips and visits and how to appreciate those who buy us things.</p>
Vocabulary						
Trips/Visits						Different jobs: Vets, dentist, librarian

Key Texts	Traditional tales				Milo's Money	
Awareness days	St Ambrose Feast Day Black History Month	Remembrance Sunday Anti-Bullying Week	Holocaust Memorial Day Internet Safety Day Children's Mental Health Awareness		Mental Health Awareness	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p>Emotional Self-regulation know and learn the boundaries and expectations of the class. Will begin to explain how they are feelings happy, sad, angry, lonely, joyful. Know and understand why we tidy up after ourselves.</p> <p>Personal Managing self Begin to learn about a healthy eating. Know how and will learn to ask for help from an adult. Know why washing hands is important and wash them regularly.</p> <p>Social/ building relationships Know what makes a good friend. Know what friendly behaviour looks like. Will describe and show friendly behaviour. Know and learn to take turns.</p> <p>British Values Know the class rules. Know that rules help us to stay safe.</p> <p>Diversity Know that we are all different and it is ok to be different. Know that we all have our own name and that we are all special individuals. Know that we can speak different languages.</p> <p>Finance Know to say 'thank you' when somebody gives them something. Black History Month</p>	<p>Emotional Self-regulation Know about important dates in their lives. Give children strategies for staying calm when they are frustrated.</p> <p>Personal Managing self Know why sleep is important to keeping healthy. Know how to stay safe as a pedestrian by holding hands, staying on the pavement and walking. Know that it is not safe to touch a plug socket.</p> <p>Social/ building relationships Know how to initiate conversations with others and this is friendly behaviour. Know and understand kind and considerate behaviour through modelling and commentary.</p> <p>British Values Know about the festivals of Diwali, Halloween, Christmas. Know how to talk about different festivals.</p> <p>Diversity Know and respect the different celebrations from different religions. understand why different people celebrate different things.</p> <p>Finance Know to say 'thank you' when somebody gives them something. Know that we can give money to charity to help those in need and why this is important. Remembrance Anti-Bullying Week</p>	<p>Emotional Self-regulation Know and learn right from wrong. Understand how to make the right choices and the consequences of not making the right ones. Be able to talk about why a character has made a poor choice and what the consequences are. Be able to talk about how the character could have made a better choice.</p> <p>Personal Managing self Know that too much screen time is not good for them. Know why it is important to eat plenty of fruits and vegetables and drink plenty of water,</p> <p>Social/ building relationships Know their behaviour and choices affects others. Know why it is important that they listen to their friends. Encourage children to talk about their own work and the work of others.</p> <p>British Values Understand that we have different views and opinions. Begin to try and see things from another's point of view.</p> <p>Diversity Know we celebrate and respect the celebrations from other cultures.</p> <p>Finance Know that we pay for food with money and the different ways we can do this. (self-checkout, cashier, card, cash) Children's Mental Health Awareness</p>	<p>Emotional Self-regulation Identify ways of being helpful to others and how this will make them feel. Talk about the effect my behaviour has on others. Model and commentate on how problems have been solved. Know that mistakes are an important part of learning.</p> <p>Personal Managing self Know that regular exercise is good for their health. Know that regular handwashing is important to health</p> <p>Social/ building relationships Understand that people need help. Know some ways that they can give help – tidy up, smile, hold hands. Know how to co-operatively play with others. Know how conflict can be resolved – say sorry, turn taking, sharing etc</p> <p>British Values Know how to make decisions together – name the chickens, which book to read...</p> <p>Diversity Know that we grow and change in different ways.</p>	<p>Emotional Self-regulation Know how to set their own goals and targets. Discuss with the chn how they can plan to meet them. Know how to be resilient and persevere when faced with a challenge. Know how to negotiate and solve problems without aggression.</p> <p>Personal Managing self Know that brushing teeth is important. Know that doctors, nurses and dentists can help up when we are not well. Know how to be a safe pedestrian. Will manage needs independently.</p> <p>Social/ building relationships Know how their behaviour affects others. Discuss and know how characters might be feeling at different points of the story. Describe ways that we can work together to help protect the environment.</p> <p>British Values Develop further awareness of self and self-esteem through the achievement of achieving goals that have been set. Know that it is important to express your opinion and listen to the opinion of others. Know that we are entitled to free speech.</p> <p>Diversity Know and appreciate a range of jobs that people do and how they can help. Know that people in the past (and now) stood up for what is right.</p> <p>Finance Know that most jobs people earn money for food, clothes, bills etc. Know that some people choose to give up their own time and volunteer for some jobs. Mental Health Awareness</p>	<p>Emotional Self-regulation Know that setting goals are important and provide support and guidance to help achieve them. Know that trial and error is important in learning. Chn talk about problems.</p> <p>Personal Managing self Know how to stay safe as a pedestrian. Know how to stay safe around water. Know to wear sun cream, hat, stay in the shade and drink plenty of water to stay safe in the sun.</p> <p>Social/ building relationships be able to talk about the relationships they have at home with their family and friends. Know how to share, turn take and wait politely.</p> <p>British Values Know the consequences of their behaviour and choices, especially in relation to choices about the environment. Know what is right and wrong and behave accordingly.</p> <p>Diversity Know that different people live in different environments.</p> <p>Finance Know the financial benefits of reducing waste. Know that you have to pay for food, water, electricity. Know that there are charities to help make the world a fairer place -CAFOD</p>
Vocabulary						
Trips/Visitors						
Key Texts					Milo's Money	
Awareness days	St Ambrose Feast Day and mission Black History Month	Remembrance Sunday Anti-Bullying Week	Holocaust Memorial Day Internet Safety Day Children's Mental Health Awareness	Ash Wednesday	Mental Health Awareness	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Scripture: Let the children come M1 U2 S1 My special box M1 U2 S2 My Body Outline v1 M1 U2 S3 How to be a Superhero Black History Month</p>	<p>Remembrance Anti-Bullying Week M1 U3 S1 Likes and Dislikes M1 U3 S2 Feelings Inside and Out M1 U3 S3 Super Suzy Gets Angry</p>	<p>Scripture: The Prodigal Son Internet Safety Day Children's Mental Health Awareness M2 U1 S1 Special Squad M2 U2 S2 Treat Others Well</p>	<p>M2 U3 S2 Good and Bad Secrets M2 U3 S3 Physical Contact PANTS M2 U3 S5 Can you help me? Islam: Stories – Muhammad</p>	<p>Scripture: The Good Samaritan Mental Health Awareness M3 U2 S1 – The communities we live in What is a vote? Sikhism: Stories- Guru Nanak</p>	<p>Hinduism: Stories Hinduism: Stories - Krishna and Ganesh Raksha Bandan How does money make us feel? Where do I get my money from?</p>

	Judaism : Stories – Abraham and Moses Judaism : Stories – Leaders of the Jewish Faith	M1 U4 S1 The Cycle of Life M1 U4 S3 Changes All Around	M2 U2 S3 Saying Sorry M2 U3 S1 Being Safe	Islam : Stories – the importance of Muhammad	Sikhism : Guru Nanak was a teacher	
Vocabulary:						
Trips/Visitors		Lead on Advent Collection		Local 999 Call Centre		
Key Texts						
Awareness days	St Ambrose Feast Day and mission Black History Month	Remembrance Sunday Anti-Bullying Week	Holocaust Memorial Day Internet Safety Day Children’s Mental Health Awareness	Ash Wednesday	Mental Health Awareness	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Scripture: Let the children come M1 U2 S1 I am Special M1 U2 S2 My Body Outline v1 M1 U2 S3 How to be a Superhero Black History Month Judaism : Prayer and Home Judaism : Shabbat	Remembrance Anti-Bullying Week M1 U3 S1 Likes and Dislikes M1 U3 S2 Feelings Inside and Out M1 U3 S3 Super Suzy Gets Angry M1 U4 S1 The Cycle of Life M1 U4 S1 Beginnings and Endings	Scripture: The Prodigal Son Internet Safety Day Children’s Mental Health Awareness M2 U2 S2 Treat Others Well M2 U3 S2 Good and Bad Secrets M2 U3 S3 Physical Contact PANTS	M2 U3 S4 Harmful Substances M2 U3 S5 Scenarios basic first aid Islam : Prayer five times a day Islam : Prayer is important for Muslims	Mental Health Awareness Who runs the country? notes What is the Law? notes M3 U2 S1 – The communities we live in – responsibility and laws Sikhism : Prayer Sikhism : family life	Hinduism : prayer at home Hinduism : puja What do we need our money for? What can we use our money for? Needs and wants.
Vocabulary:						
Trips/Visitors	Avro Air centre		Alcock and Brown Walk Southern Cemetery		MP	
Key Texts						
Awareness days	St Ambrose Feast Day and mission Black History Month	Remembrance Sunday Anti-Bullying Week	Holocaust Memorial Day Internet Safety Day Children’s Mental Health Awareness	Ash Wednesday	Mental Health Awareness	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	M1 U2 S1 We don’t have to be the same M1 U2 S2 Respecting Our Bodies M1 U3 S1 What Am I Feeling v1 Black History Month Judaism : Places of Worship Judaism : Importance of the Synagogue	Remembrance Anti-Bullying Week M1 U3 S2 What Am I Looking At? M1 U3 S3 I Am Thankful M2 U2 S2 Family, Friends and Others. M2 U2 S3 When Things Feel Bad	Internet Safety Day Children’s Mental Health Awareness M2 U3 S1 Sharing Online M2 U4 S3 Safe In My Body v1 M2 U4 S4 Drugs, Alcohol and Tobacco M2 U4 S5 1 st Aid Heroes	M3 U1 S2 What is the Church? M3 U2 S1 How Do I Love Others? Islam : The Mosque Islam : How Muslims worship	Mental Health Awareness Democracy part 1 – what is democracy Democracy part 2 – central and local government Sikhism : Gurdwara, langar Amritsar Sikhism : The gurdwara	Hinduism : places of worship Hinduism : The Mandir Where do adults get their money? Why do we work?
Vocabulary:						
Trips/visitors				Mosque	Local councillors MP Manchester Town Hall Marist Convent	
Key Texts						
Awareness Days	St Ambrose Feast Day and mission Black History Month	Remembrance Sunday Anti-Bullying Week	Holocaust Memorial Day Internet Safety Day Children’s Mental Health Awareness	Ash Wednesday	Mental Health Awareness	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	M1 U3 S1 What Am I Feeling? V2 M1 U3 S3 I Am Thankful For? M1 U4 S2 A Time for everything Black History Month Judaism : Holy Books Judaism : Importance of the Torah	Remembrance Anti-Bullying Week M1 U2 S2 Respecting Our Bodies M1 U2 S3 What is Puberty? M1 U2 S4 Changing Bodies	Internet Safety Day Children’s Mental Health Awareness M1 U4 S3 Big Changes Little Changes M2 U2 S2 Family, Friends and Others M2 U2 S3 When Things Feel Bad M2 U4 S2 Chatting Online	M2 U4 S3 Safe In My Body v1 M2 U4 S4 Drugs, Tobacco and Alcohol M2 u4 s2 1 st Aid Islam : Holy Books Islam : The importance of the Qu’ran	Mental Health Awareness M3 U2 S2 Working Together M3 U2 S3 Money Matters Sikhism : Guru Granth Sahib Sikhism : Guru Granth Sahib and the gurus.	Democracy part 3 - laws Hinduism : Holy Books Hinduism : Vedas and Bhagavad-Gita How can we look after our money?
Vocabulary:						
Trips/visitors	Jewish Museum and Synagogue					
Key Texts						
Awareness Days	St Ambrose Feast Day and mission Black History Month	Remembrance Sunday Anti-Bullying Week	Holocaust Memorial Day Internet Safety Day Children’s Mental Health Awareness	Ash Wednesday	Mental Health Awareness	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	M1 U2 S1 Gifts and Talents Kooth Sign up session M1 U2 S1 Girls’ Bodies M1 U2 S3 Boys’ Bodies	Remembrance Anti-Bullying Week M1 U2 S4 Spots and Sleep M1 U3 S1 Body Image	M1 U4 S1 Making Babies P1 M1 U4 S3 Menstruation M1 U4 S4 Hope Beyond Death M2 U2 S1 Under Pressure	M2 U2 S3 Self-Talk M2 U4 S3 Types of abuse M2 U4 S4 Impacted lifestyles M2 U4 S6 Giving Assistance	M3 U1 S2 Catholic Social Teaching M3 U2 S1 – Reaching Out Mental Health Awareness	Hinduism : Beliefs and festivals – belief in one god Hinduism : pilgrimage What is borrowing?

	Black History Month Judaism : Beliefs and Festivals Judaism : Pesach	M1 U3 S2 Peculiar Feelings M1 U3 S3 Emotional Changes	Internet Safety Day M2 U4 S1 – Sharing isn't always caring Children's Mental Health Awareness	Islam : Beliefs and Festivals - pilgrimage Islam : Ramadan and Eid	Sikhism : Beliefs and Festivals - Baisakhi, the Khalsa, Mool Mantra Sikhism : The Khalsa. One God	How much do I have to spend? How do we use our spending power to help others? Fair trade Banana Split
Vocabulary:						
Trips/visitors	Kooth stall at Parent's Evening Kooth	Southern Cemetery service		Kooth stall at Parent's Evening Kooth		Laudato Si Centre Barlow High Environment Day Gita Bhavan Hindu Temple
Key Texts						
Awareness Days	St Ambrose Feast Day and mission Black History Month	Remembrance Sunday Anti-Bullying Week	Holocaust Memorial Day Internet Safety Day Children's Mental Health Awareness	Ash Wednesday	Mental Health Awareness	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	M1 U2 S1 Gifts and Talents Introduction to Kooth- Sign Up session M1 U2 S2 Girls' Bodies (ext) M1 U4 Menstruation Black History Month Judaism : Belonging and Values Judaism : Yon Kippur	Remembrance Anti-Bullying Week M1 U2 S3 Boys' Bodies (ext) M1 U2 S4 Spots and Sleep (ext) M1 U3 S1 Body Image (ext) M1 U3 S2 Peculiar Feelings	M1 U3 S3 Emotional Changes (ext) M2 U2 S1 Under Pressure (ext) M2 U2 S1 Do you want a piece of cake? Internet Safety Day M2 U4 S2 Cyberbullying Children's Mental Health Awareness	M2 U2 S4 Build others up Kooth – exam stress M2 U4 S5 Making Good choices Islam : Guidance and Values Islam : The five pillars	Mental Health Awareness Sikhism : Guidelines for living, sewa Sikhism : Commitment to service, sewa What are taxes and why do we have to pay them? M2 U4 S6 Giving Assistance	Smart Moves Transition Programme Hinduism : beliefs and values: Karma Hinduism : Karma and Dharma
Vocabulary:						
Trips/Visitors	Lancashire Cricket Club – healthy hearts Kooth stall at Parent's Evening Kooth	Southern Cemetery service	People's History Museum	Kooth	The gurdwara	Crucial Crew Marist Convent
Key Texts						
Awareness Days	St Ambrose Feast Day and mission Black History Month	Remembrance Sunday Anti-Bullying Week Parliamentary Week	Holocaust Memorial Day Internet Safety Day Children's Mental Health Awareness	Ash Wednesday	Mental Health Awareness	