



Concept Map-PSHE



Be In My World

In Year R we will learn...

Feelings can change.
To be happy, sad, angry, scared, worried are all emotions.
We should all be allowed to learn and play, these are our rights.

In Year 1 we will learn...

To be proud means to be happy or pleased by something that you have done or someone else has done.
The choices I make can have consequences.
To be confused, excited, overwhelmed, and jealous are all emotions.

In Year 2 we will learn...

My actions can have rewards or consequences.
You can have hopes and fears when changes are imminent.
Each child has a responsibility towards their class.

Celebrating Difference

In Year R we will learn...

Being different makes us all special.
Kind words make us happy.
Everyone has different items that they believe are special.

In Year 1 we will learn...

I have similarities and differences to my peers.
Bullying is a deliberate choice.
Differences make me unique.
Unique means being the only one of its type.

In Year 2 we will learn...

Stereotype mean to assume that a group of people who share some characteristics also share certain attributes.
We shouldn't judge people if they are different.
Diversity is to include/involve people from a range of different backgrounds.

Dreams and Goals

In Year R we will learn...

You persevere to tackle difficult times.
You set a goal and work towards it.

In Year 1 we will learn...

You can make plans to achieve goals.
A challenge means to test ability, skill or strength of someone/something.

In Year 2 we will learn...

Perseverance means to keep doing something despite obstacles.
Working well in a group leads to better outcomes.
A joint success makes you feel proud.

Healthy Me

In Year R we will learn...

Exercise is moving your body.
Your body needs rest, through sleep.
Foods can be healthy and unhealthy.
You need to wash hands regularly to stop germs spreading.

In Year 1 we will learn...

We need a balanced diet to stay healthy.
Germs cause disease and illness.
Household products including medicines can be harmful if not used properly.
Medicines can help me when I feel poorly.

In Year 2 we will learn...

Relaxation helps you to feel calm and reduces stress.
It is important to use medicines safely.
The main food groups are carbohydrates, protein, dairy, fruit and vegetables and fats and sugars.
Carbohydrates give my body energy.

Relationships

In Year R we will learn...

I belong to my family.
It helps to have friends to not be lonely.
Unkind words hurt people.

In Year 1 we will learn...

There are lots of different types of families.
Sharing means to let someone else have or use part of something that belongs to you.
Staff in my school community can help me.

In Year 2 we will learn...

There are many forms of physical contact, some is acceptable, and some is not.
Conflict is defined as a challenge to the way a person thinks or behaves.
I recognise and appreciate people who help me in my family, my school and my community.



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Changing Me

In Year R we will learn...

We grow from babies to adults.

Changes can make people worried.

It is good to share your feelings and memories with others.

R

In Year 1 we will learn...

Changes as we grow are normal and okay.

Everybody grows at different rates.

Boys and girls have different genitals. Including, penis, testicles, vagina, vulva, anus.

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In Year 2 we will learn...

I am on a continuum from young to old.

Some parts of the human body are private.

Changes, such as growing, are uncontrollable.

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