



Concept Map-PSHE



Being Me in My World

In Year 3 we will learn...

The choices I make have consequences.
I have rights, roles and responsibilities as a member of class.

In Year 4 we will learn...

What democracy means and how we demonstrate democracy in school.
What is empathy.

In Year 5 we will learn...

How my choices can affect other people.
Ways to work well with others.

In Year 6 we will learn...

What is identity and how it can be affected by different factors.
To identify personal strengths and areas for development.

Celebrating Difference

In Year 3 we will learn...

All families are different.
How my words can affect other people.

In Year 4 we will learn...

How I am special and unique.
What assumptions are and how people can be affected by them.

In Year 5 we will learn...

What is racism.
Different types of bullying behaviours.

In Year 6 we will learn...

Different perceptions of what people think normal is.
Different types of bullying.

Dreams and Goals

In Year 3 we will learn...

Why having dreams and ambitions is important.
How to face new challenges.

In Year 4 we will learn...

How to manage feelings of disappointment.
How it might help to think positively and reflect on experiences.

In Year 5 we will learn...

About a range of jobs and what is a salary.
Different ways to support and encourage other people.

In Year 6 we will learn...

How to accept praise from others.
How to motivate myself.

Healthy Me

In Year 3 we will learn...

How to keep myself safe.
How to call emergency services.

In Year 4 we will learn...

What is peer pressure and strategies to resist.
The effect of smoking on my health.

In Year 5 we will learn...

How to place a casualty in the recovery position.
How body image may be influenced by social media.

In Year 6 we will learn...

What it means to be emotionally well.
Why some people join gangs and the risks involved.

Relationships

In Year 3 we will learn...

Strategies to keep myself safe online.
How to express appreciation to family and friends.

In Year 4 we will learn...

What is jealousy and how it can affect a relationship.
Feelings about people we no longer see.

In Year 5 we will learn...

Positive and negative consequences of online communities.
How to stay safe when using technology.

In Year 6 we will learn...

Ways to judge whether someone online is safe and helpful for me.
The importance of taking care of my mental health.



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Changing Me

In Year 3 we will learn...

What puberty means.
What happens to our body during puberty.

In Year 4 we will learn...

We inherit different characteristics from each parent.
To label the internal and external parts of my body that are necessary to make a baby.

In Year 5 we will learn...

The meaning of self-esteem and how my body image fits into that.
Why certain activities have age restrictions.

In Year 6 we will learn...

Why positive self-esteem is important and how to develop it.
How to develop positive relationships whilst maintaining my own identity.

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