North Road Community Primary School

PSHE Curriculum Road Map

EYFS

Personal, Social and Emotional Development.

Year 1

I understand what makes a healthy lifestyle: physical exercise, rest, healthy eating and dental health.

I can communicate my feelings to others.

I know how to contribute to the life of the classroom.

Year 2

I understand the importance of good personal hygiene, physical and mental health

I can maintain my personal hygiene.

I can recognise a wider range of feelings in others.

Healthy and Well Being

Relationships

Living in the Wider World

I know the positive and negative effects of physical, mental and emotional health.

I can understand the importance of not keeping adults' secrets, only surprises.

Year 4

I know and understand the difference between secrets and surprises.

I can discuss and debate topical issues, problems and events concerning physical and mental health and well- being.

Year 3

I can understand that people have needs and the responsibility to meet them.

I can make informed choices and begin to understand 'balanced diet'.
I know how bacteria and viruses can affect health.

I understand that children have special rights set out in the United Declaration of the Rights of the Child.

I understand that increasing independence brings increased responsibility to keep myself and others safe.

I understand when I should or should not agree to a confidential secret and when it is right to 'break a confidence' or 'share a secret'.

I understand that everyone has human rights - all peoples, all societies - and that children have special rights set out in the United Declaration of the Rights of the Child.

Year 6

Year 7

Year 5

I can recognise and respond appropriately to a wider range of feelings in others.

I can research, discuss and debate topical issues concerning health and well-being.