

St Osmund's PSHE Curriculum Map 2020/2021			Health and Wellbeing			
			Living In The Wider World			
			Relationships			
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Mental Health and Wellbeing: Taking care of mental health and emotional wellbeing; Managing challenges; Seeking support for themselves and others Period Talks	Growing and Changing Parts of the female and male body, changes to expect in puberty, emotions and hygiene	Staying safe: Privacy and personal boundaries; Acceptable and unacceptable contact; Permission-seeking and giving; Personal safety	Careers: Career types; challenging career stereotypes; Enterprise project	Substances: Drugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws	Keeping active: Benefits of a balanced lifestyle; Balancing internet use; How physical activity affects wellbeing
Baseline / Endpoint Assessment	What is Mental Health?	How does puberty affect me?	How Do I keep Myself Safe?	How Can I Be Enterprising?	What are the effects of substances?	What Is A Balanced Lifestyle?
Year 6	Mental Health and Wellbeing: Taking care of mental health and emotional wellbeing; developing resilience; Health and hygiene: Making informed choices regarding a healthy lifestyle, including nutrition; Hygiene and bacteria and viruses; Vaccination and immunisation Period talks	Puberty and reproduction: Menstrual wellbeing; Managing the changes of puberty; Developing independence; How a baby is made	Personal Identity: What contributes to who we are; Personal strengths; Interests; Setting goals; Managing setbacks; New opportunities and responsibilities	Managing change: Developing friendship skills; Changing and ending friendships; Managing change, loss and bereavement; Sources of support	Media literacy: How data is shared and used online; Evaluating reliability of sources; Misinformation and targeted information; Choosing age-appropriate TV, games and online content; Influences relating to gambling	Friendships and staying safe: Opportunities to connect online; The nature of online - only friendships; Reporting harmful content and contact; Staying safe online
Baseline / Endpoint Assessment	What Do I Know About Health?	What's the point of Puberty?	Who Am I?	Dealing With Change	How Media Literate Am I?	Managing Online Friendships
Year 7	Mental Health and Wellbeing: Taking care of mental health and emotional wellbeing; Healthy lifestyles: Physically and mentally healthy lifestyles; Healthy sleep habits; Dental health; Managing stress; Accessing health services	Puberty and Healthy Relationships: Managing physical and emotional changes in puberty, introduction to consent and features of healthy relationships	Relationships: Healthy and positive relationships, including intimate relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent	Careers: Developing enterprise skills; The world of work and young people's employment rights; Enterprise project	Substances: Social norms regarding drugs, alcohol and tobacco; Myths and misconceptions; Influence and risks relating to substance use	Economic Wellbeing: Evaluating value for money; Debt, fraud and personal values around finance; Financial exploitation
Baseline / Endpoint Assessment	Managing My Health	What Is Mutual Respect?	How Does It Feel?	What Is Work?	How Are Substances Harmful?	What Do I Know About Money?
Year 8	Mental Health and Wellbeing: Attitudes to mental health and emotional wellbeing; Digital resilience; Body image; Healthy and unhealthy coping strategies; Seeking support for themselves and others	Relationships and Sex: Stereotypes and expectations of gender roles, behaviour and intimacy; Consent in intimate situations; Introduction to	Friendships and managing influences: Managing social influence, peer pressure and peer approval; Strategies to manage pressure to conform within a group and in relation to substance use.	First aid and keeping safe: First aid including CPR and defibrillator use; Personal safety including travel safety Contraception and sexual health.	Careers: Life and career aspirations; Personal strengths and skills for employment; Stereotypes; Routes into careers; Progression routes; Online presence	Moving forward: Personal strengths, celebrating successes and setting goals; Moving on to new school; Managing change
Baseline / Endpoint Assessment	How Do I Feel Inside?	How Can I Protect My Body?	How can I resist pressure?	Practical First Aid Skills	What Are My Future Plans?	Skills for Transition