



PSHE Medium Term Curriculum Map 2025-2026

The Intent of Underhill Curriculum

- Broadens the children's understanding of the world and develops their cultural capital **(Be Caring)**
- Sparks their curiosity and imagination **(Be Curious)**
- Teaches the children how to work collaboratively and inclusively **(Be Cooperative)**
- Prepares them for life after Underhill **(Be Confident)**
- Makes them lifelong readers
- Increases and improves their oracy skills
- Builds on their physical and mental fitness

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Topic	Settling in/ Our nursery	How do we play? My turn/Your turn	Our Golden Expectations	How can I be healthy?	My feelings	Let's Celebrate
	I can	Children in Nursery will be learning to; <ul style="list-style-type: none"> ● Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. ● Develop their sense of responsibility and membership of a community. ● Become more outgoing with unfamiliar people, in the safe context of their setting. Show more confidence in new social situations. ● Play with one or more other children, extending and elaborating play ideas. Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. ● Increasingly follow rules, understanding why they are important. Remember rules without needing an adult to remind them ● Develop appropriate ways of being assertive. Talk with others to solve conflicts. Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. ● Understand gradually how others might be feeling 					



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		<ul style="list-style-type: none"> Be increasingly independent in meeting their own care needs, e.g., brushing teeth, using the toilet, washing and drying their hands thoroughly. Make healthy choices about food, drink, activity and toothbrushing. 					
	Vocab	Hello, goodbye, routine, home, visit, school, holiday, safe, rules	Please, thank you, taking turns, share, friends, kind, help	Golden expectation, Listen, kind, honest, helpful, property, learning, gentle, tidy	Exercise, wash, brush teeth, toothbrush, tooth paste, brush hair, wash, bath, food	Zones of regulation, happy, sad, tired, angry, excited, worried, scared, upset	Party, celebrate, remember, proud, special, unique
Reception	Topic	Self Regulation: My Feelings	Building Relationship: Special Relationships	Managing Self: Taking on Challenges	Self Regulation: Listening and Following Instructions	Building Relationships: My Family and Friends	Managing Self: My Wellbeing
	I can	<ol style="list-style-type: none"> I can identify different feelings and emotions. I can identify and express my feelings. I can explore different coping strategies to help regulate our emotions I can explore the different adjectives that can be used to 	<ol style="list-style-type: none"> I can understand that all families are valuable and special. I can talk about people that hold a special place in children's lives. I can understand why it is important to share and cooperate with others. 	<ol style="list-style-type: none"> I can understand why we have rules. I can understand the importance of persistence in the face of challenges. I can work together as a group to overcome challenges. I can learn and practise 'grounding' 	<ol style="list-style-type: none"> I can understand why it is important to listen carefully. I can listen attentively to a story. I can understand why it is important to listen carefully. I can follow instructions involving several ideas or actions. 	<ol style="list-style-type: none"> To understand that we all have different beliefs and celebrate special times in different ways. I can understand why sharing is important. To understand the characterist 	<ol style="list-style-type: none"> I can learn about the importance of exercise. I can learn how exercise can help our bodies to stretch, relax and stay healthy. I can understand why it is important to be able to take care of ourselves I can understand



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		<p>describe feelings.</p> <p>5. I can explore different facial expressions and what they mean.</p> <p>6. I can identify different feelings and how to moderate behaviour socially and emotionally.</p>	<p>4. I can see myself as a valuable individual.</p> <p>5. I can share my interests with the group.</p> <p>6. I can explore diversity through thinking about similarities and differences.</p>	<p>coping strategies.</p> <p>5. I can understand the importance of perseverance in the face of challenge.</p> <p>6. I can learn new skills, showing resilience and perseverance in the face of challenge.</p>	<p>5. I can give simple instructions.</p> <p>6. I can listen and respond to phrases and instructions that involve several ideas or actions.</p>	<p>ics that make a good friend.</p> <p>4. I can consider why it is important to support each other by being kind.</p> <p>5. I can learn how to help, listen to and support others when working in a team.</p> <p>6. I can plan a party to celebrate the special friendships within the class.</p>	<p>what it means to be a safe pedestrian.</p> <p>5. I can understand what it means to eat healthily.</p> <p>6. I can understand the importance of healthy food choices.</p>
	I can	<p>Children in Reception will be learning to (I can);</p> <ul style="list-style-type: none"> • See themselves as a valuable individual • Build constructive and respectful relationships. 					



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		<ul style="list-style-type: none"> Express their feelings and consider the feelings of others. Show resilience and perseverance in the face of challenge. Identify and moderate their own feelings socially and emotionally. Think about the perspectives of others. Manage their own needs. <ul style="list-style-type: none"> Personal hygiene Know and talk about the different factors that support their overall health and wellbeing: <ul style="list-style-type: none"> regular physical activity • healthy eating • toothbrushing • sensible amounts of 'screen time' • having a good sleep routine • being a safe pedestrian 					
	ELGs	<p>ELG: Self-Regulation Children at the expected level of development will:</p> <ul style="list-style-type: none"> Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. <p>ELG: Managing Self Children at the expected level of development will:</p> <ul style="list-style-type: none"> Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; Explain the reasons for rules, know right from wrong and try to behave accordingly; Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. <p>ELG: Building Relationships Children at the expected level of development will:</p> <ul style="list-style-type: none"> Work and play cooperatively and take turns with others; Form positive attachments to adults and friendships with peers; Show sensitivity to their own and to others' needs. 					
	Vocab	feelings emotions happy sad angry	family love valuable special unique	rules reason right wrong safe	listen listening understanding friends truth	festival special event religion culture	exercise movement healthy heart rate breathing



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		calm	different	confident	feelings	beliefs	heart
		scared	mummy	comfortable	honest	tradition	lungs
		loved	daddy	fair	listen	share	brain
		happy	sister	equal	instructions	sharing	bones
		cheerful	brother	enjoyable	obstacle	friend	muscles
		positive	grandpa	calm	course	take turns	yoga
		delighted	grandma	orderly	challenge	friendly	pose
		smiley	uncle	challenge	persevere	kind	relax
		sad	auntie	difficulty	persist	polite	meditate
		unhappy	love	persistence	team	share	breathe
		upset	valuable	perseverance	blindfold	friend	exercise
		gloomy	special	e	obstacle	take turns	movement
		miserable	unique	trial and	listen	kind	healthy
		angry	different	error	explain	feelings	independent
		cross	share	worried	instructions	emotions	care
		annoyed	sharing	anxious	team	compliment	well-being
		frustrated	friend	panicked	odd	support	health
		furious	take turns	frustrated	different	loved	routine
		loving	timer	upset	listen	appreciated	walk
		caring	interests	coping	clue	happy	hazard
		supportive	hobby	strategy	hunt	team	safe
		affectionate	passion	grounding		teamwork	careful
		friendly	like	technique		teammate	listen
		calm	dislike	calm		collaborate	alert
		peaceful	enjoy	relaxed		work	crossing
				happy		together	



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		quiet still relaxed scared nervous anxious worried unsure facial expression regulation dysregulation	different similar unique special individual diversity	challenge difficulty try mistake stronger persist persevere		listen support encourage classmates celebrate celebration friendship relationship party classroom	sensible pedestrian healthy balanced diet vitamins nutrients heart muscles bones energy superfood rainbow healthy balanced diet vitamins nutrients energy superfood
Year 1	Topic	Introductory lesson to PSHE (1) Family and Relationships	Family and Relationships (2) Health and Wellbeing	Health and Wellbeing (4) Citizenship	Citizenship (4) Economic Wellbeing	Economic Wellbeing (3) Safety and the changing body	Safety and the changing body (5) Transition(1)
	I can	1. I can begin to understand what	1. I can begin to understand that	1. I can begin to understand how	1. I can begin to understand the needs of	1. I can understand the purpose of banks and building societies	1. I can know what an emergency is and



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		<p>PSHE education (or the name used in your school) is and how we can learn effectively in these lessons.</p> <p>(Knowledge: I understand what PSHE education is.</p> <p>Skill: I can explain some rules to help everyone learn.</p> <p>Vocab: PSHE)</p> <p>2. I can understand that families look after us</p> <p>(Knowledge: I know the correct names for different relations</p> <p>Skill: I can explain how members of a family show respect to each other</p> <p>Vocab: Relation)</p> <p>3. I can begin to understand the importance and characteristics of positive friendships</p> <p>(Knowledge: I</p>	<p>being friendly to others makes them feel welcome and included</p> <p>(Knowledge: I understand the difference between a friend and friendly behaviour.</p> <p>Skill: I can explain what friendly behaviour is.</p> <p>Vocab: friendly)</p> <p>2. I can begin to understand what is meant by a stereotype</p> <p>(Knowledge: I understand that stereotypes about boys and girls exist.</p> <p>Skill: I can explain why these are often incorrect.</p> <p>Vocab: stereotype)</p> <p>3. I can describe and understand my feelings. I can develop simple strategies for</p>	<p>germs are spread and how we can stop them spreading</p> <p>(Knowledge: I understand why I need to wash my hands</p> <p>Skill: I can explain how to wash my hands properly</p> <p>Vocab: germs)</p> <p>2. I can begin to understand the risks associated with the sun</p> <p>(Knowledge: I understand that sunshine can be good for me</p> <p>Skill: I can explain the things I need to do to keep myself safe in the sun.</p> <p>Vocab: sunscreen)</p> <p>3. I can begin to understand allergies</p> <p>(Knowledge: I understand that</p>	<p>babies and young children</p> <p>(Knowledge: I understand that babies and young children have different needs.</p> <p>Skill: I can explain how to care for babies and younger children.</p> <p>Vocab: need)</p> <p>2. I can begin to recognise ways in which we are both the same as and different from other people.</p> <p>(Knowledge: I understand what it means to be unique.</p> <p>Skill: I can identify things that are different about people.</p> <p>Vocab: unique)</p> <p>3. I can understand the range of groups that people belong to.</p> <p>(Knowledge: I understand that there are a range of groups that people belong to.</p> <p>Skill: I can identify</p>	<p>(Knowledge: I can recognise that banks and building societies help keep money safe.</p> <p>Skill: I can discuss how having a savings account can help people save money.</p> <p>Vocab: bank account)</p> <p>2. I can begin to understand that people make different choices about spending and saving money</p> <p>(Knowledge: I can explain the difference between spending and saving.</p> <p>Skill: I can suggest why someone would choose to spend or save money.</p> <p>Vocab: save)</p> <p>3. I can understand some of the jobs that exist in my school</p> <p>(Knowledge: I can explain what a job is.</p> <p>Skill: I can discuss</p>	<p>how to make a phone call if needed.</p> <p>(Knowledge: I understand what an emergency is.</p> <p>Skill: I know the number to call in an emergency.</p> <p>Vocab: emergency)</p> <p>2. I can begin to understand the difference between acceptable and unacceptable physical contact.</p> <p>(Knowledge: I understand that some types of physical contact are never appropriate.</p> <p>Skill: I can describe physical contact that is appropriate</p> <p>Vocab: contact)</p> <p>3. I can begin to understand what is safe to put into or onto our bodies</p> <p>(Knowledge: I understand what can safely go into my</p>
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	<p>understand some characteristics of a good friend. Skill: I can explain what I like about my friends Vocab: relationship)</p> <p>4. To recognise how others show feelings and how to respond (Knowledge: I understand that people can feel differently from me . Skill: I can recognise when other people might feel sad, worried or angry Vocab: Emotion)</p> <p>5. To begin to understand how friendships can make us feel (Knowledge: I understand the feelings we may have about working with different people. Skill: I can work with people I don't know</p>	<p>managing them (Knowledge: I can identify different ways of responding to emotions Skill: I can describe how I feel Vocab: emotion)</p> <p>4. I can recognise and celebrate my strengths and set simple but challenging goals (Knowledge: I know what a quality is Skill: I can describe what I am like/what qualities I have Vocab: qualities)</p> <p>5. I can understand the benefits of physical activity and rest (Knowledge: I can understand the importance of sleep Skill: I can think of ways to get ready for sleep Vocab: routine)</p>	<p>people can be allergic to things in food or things around them Skill: I can explain what to do if I have an allergic reaction or one of my friends does. Vocab: allergic reaction)</p> <p>4. I can understand that there are people in the local community who help to keep us healthy (Knowledge: I understand that some people have jobs which help to keep us healthy Skill: I can explain how these people help to keep us healthy . Vocab: job)</p> <p>5. To begin to understand the importance of rules.</p>	<p>some groups that I belong to. Vocab: grouuo)</p> <p>4. I can begin to understand how democracy works. (Knowledge: I understand how voting works. Skill: I can explain why voting is a fair way to decide something that affects a lot of people. Vocab: vote)</p> <p>5. I can understand what money is and how it helps us (Knowledge: I can identify different coins and notes. Skill: I can explain how money is used to buy things. Vocab: money)</p> <p>6. I can understand how to keep cash safe (Knowledge: I can recognise why it is important to keep money safe. Skill: I can explain what</p>	<p>the different ways people help me in school. Vocab: job)</p> <p>4. I can know how to respond to adults in a safe and familiar context. (Knowledge: I know who works in my school. Skill: I understand how I should speak to adults in school. Vocab: adult)</p> <p>5. I can understand how to respond to adults in a range of situations. (Knowledge: I understand who I should speak to if I am worried about anything an adult says or does. Skill: I understand how I should speak to adults. Vocab: stranger)</p> <p>6. To understand what to do if you get</p>	<p>body. Skill: I can explain why I should never put some things into my body. Vocab: danger)</p> <p>4. To understand that there are dangers at home and how these can be avoided. (Knowledge: I understand that there can be hazards in the home. Skill: I know what I need to do if there is an accident at home. Vocab: hazard)</p> <p>5. I can understand that there are people in the local community who help to keep us safe. (Knowledge: I understand that some people have jobs that help to keep us safe. Skill: I can explain how these people help to keep us safe Vocab: community)</p>
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		<p>very well Vocab: Co-operate)</p> <p>6. To begin to understand that friendships can have problems but we can overcome them (Knowledge: I understand that friends can sometimes fall out. Skill: I can explain ways I can overcome problems with my friends Vocab: falling out)</p>	<p>6. I can know how to relax in different ways (Knowledge: I know that there are different ways of relaxing Skill: I can use laughter to help me relax if I am nervous or have lots on my mind Vocab: relaxation)</p>	<p>(Knowledge: I understand why rules are important. Skill: I can identify the key rules we have in school. Vocab: rule)</p> <p>6. To understand that animals have different needs and how to care for them (Knowledge: I understand that different pets have different needs. Skill: I can explain how to look after some animals. Vocab: pet)</p>	<p>to do if I find money that does not belong to me. Vocab: cash)</p>	<p>lost. (Knowledge: I know what to do if I get lost. Skill: I can tell someone the name of my mum/dad/carer. Vocab: lost)</p>	<p>6. I can understand their own strengths and to prepare for their move to a new class (Knowledge: I understand that everyone has different strengths Skill: I can explain some of the skills I have developed in Year 1 Vocab: skills)</p>
Year 2	Topic	Introductory lesson to PSHE (1) Family and Relationships	Family and Relationships (1) Health and Wellbeing	Health and Wellbeing (2) Citizenship	Citizenship (3) Economic Wellbeing	Economic Wellbeing (3) Safety and the changing body	Safety and the changing body (5) Transition (1)
	I can	1. I can understand what PSHE education is	1. I can begin to understand about stereotypes	1. I can understand what it means to have a healthy diet (Knowledge: I	1. I can recognise similarities and differences between people in the local	1. I can explore how bank accounts and cards help with managing money.	1. To understand safe and unsafe touches. (Knowledge: I know



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		<p>and how we can learn effectively in these lessons.</p> <p>(Knowledge: I remember and can explain some of the things I learnt in PSHE in Year 1 .</p> <p>Skill: I can explain some rules to help everyone learn in our PSHE lessons</p> <p>Vocab: PSHE)</p> <p>2. I can understand the role of the family in our lives</p> <p>(Knowledge: I understand what a family is</p> <p>Skill: I can explain how families care for children</p> <p>Vocab: Family)</p> <p>3. I can understand the range of families I may encounter now</p>	<p>and how these might affect job/career choices</p> <p>(Knowledge: I understand that assumptions are sometimes made about whether a job is more suited to a male or female</p> <p>Skill: I can explain what a gender stereotype is</p> <p>Vocab: Stereotype)</p> <p>2. I can describe a range of feelings and develop simple strategies for managing them</p> <p>(Knowledge: I know that not everyone feels the same</p> <p>Skill: I can imagine how I would feel in a particular situation</p> <p>Vocab: self awareness)</p>	<p>understand the benefits of a balanced, healthy diet</p> <p>Skill: I can describe the consequences of a poor diet</p> <p>Vocab: nutrients)</p> <p>2. I can understand ways of looking after our teeth</p> <p>(Knowledge: I understand how food and drink can affect my teeth</p> <p>Skill: I can explain what I can do to keep my teeth healthy</p> <p>Vocab: healthy)</p> <p>3. I can understand the importance of rules.</p> <p>(Knowledge: I understand why rules are important.</p> <p>Skill: I can explain who makes rules and why.</p> <p>Vocab: reason)</p>	<p>community.</p> <p>(Knowledge: I understand that there are a range of factors which make us who we are.</p> <p>Skill: I can identify similarities and differences between groups of people.</p> <p>Vocab: identity)</p> <p>2. I can begin to understand how democracy works in school.</p> <p>(Knowledge: I understand how the school council works.</p> <p>Skill: I can explain how the school council is democratic.</p> <p>Vocab: democracy)</p> <p>3. I can understand ways to share an opinion.</p> <p>(Knowledge: I understand that I can share my opinion on things that are important to me.</p> <p>Skill: I can identify things I would like to</p>	<p>(Knowledge: I can identify what a bank account is.</p> <p>Skill: I can explain what a debit card is.</p> <p>Vocab: PIN number)</p> <p>2. I can identify my skills and talents.</p> <p>(Knowledge: I can consider my own skills and talents.</p> <p>Skill: I can discuss how skills and talents relate to different jobs people do.</p> <p>Vocab: profession)</p> <p>3. I can describe how to make others feel included.</p> <p>(Knowledge: I can think of ways to include others.</p> <p>Skill: I can list some ways in which people are different.</p> <p>Vocab: career)</p> <p>4. I can understand what the internet is and how it can help us.</p> <p>(Knowledge: I can</p>	<p>how to tell someone to stop if I feel uncomfortable or upset about their behaviour.</p> <p>Skill: I can explain the PANTS rule.</p> <p>Vocab: unsafe touch)</p> <p>2. I can understand that my body is important and belongs to me.</p> <p>(Knowledge: I know I can give permission and take it away when I choose.</p> <p>Skill: I can choose what happens to my body.</p> <p>Vocab: boundary)</p> <p>3. I can understand ways to keep safe on and near roads.</p> <p>(Knowledge: I know what road safety means.</p> <p>Skill: I can explain some rules to keep safe near traffic.</p> <p>Vocab: pedestrian)</p> <p>4. I can understand</p>
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		<p>and in the future</p> <p>(Knowledge: I understand that I should respect different types of families</p> <p>Skill: I can explain that families can be made up of different people</p> <p>Vocab: Different)</p> <p>4. I can recognise how others show feelings in different ways and how to respond</p> <p>(Knowledge: I know that not everyone feels the same</p> <p>Skill: I can describe what someone else might be feeling</p> <p>Vocab: Emotion)</p> <p>5. I can understand that some friendships might make us feel</p>	<p>3. I can understand the benefits of physical activity</p> <p>(Knowledge: I understand how exercise affects the body</p> <p>Skill: I can describe how my body feels during/after exercise</p> <p>Vocab: exercise)</p> <p>4. I can use breathing exercises to relax</p> <p>(Knowledge: I understand how relaxation affects the body</p> <p>Skill: I can describe suitable times and places for using breathing techniques to relax</p> <p>Vocab: relaxation)</p> <p>5. I can understand their strengths and</p>	<p>4. I can understand ways to look after the school environment.</p> <p>(Knowledge: I understand what makes up the school environment.</p> <p>Skill: I can identify things that I like in the school environment.</p> <p>Vocab: environment)</p> <p>5. I can recognise the roles people play in looking after the environment.</p> <p>(Knowledge: I understand some people have jobs that help to keep our environment a good place to live or learn.</p> <p>Skill: I can identify the jobs some people do in the local area to look after the environment.</p>	<p>make better in school.</p> <p>Vocab: opinion)</p> <p>4. I can explore the ways people receive money</p> <p>(Knowledge: I can offer suggestions of the different ways people acquire money.</p> <p>Skill: I can discuss the benefits of different ways people receive money.</p> <p>Vocab: benefit)</p> <p>5. I can identify basic needs essential for healthy growth.</p> <p>(Knowledge: I can recognise that needs vary among different living beings.</p> <p>Skill: I can discuss the different needs of myself and others.</p> <p>Vocab: thrive)</p> <p>6. I can consider how people decide what they want.</p> <p>(Knowledge: I can identify the difference between wants and needs.</p>	<p>understand how websites work</p> <p>Skill: I can explain what the internet is.</p> <p>Vocab: internet)</p> <p>5. I can understand how to stay safe when using the internet.</p> <p>(Knowledge: I understand the importance of being kind online.</p> <p>Skill: I know what to do if something I have seen or heard online makes me feel upset or uncomfortable..</p> <p>Vocab: online)</p> <p>6. To begin to understand the difference between secrets and surprises</p> <p>(Knowledge: I understand the difference between a secret and a surprise.</p> <p>Skill: I can explain what a secret is.</p> <p>Vocab: surprise)</p>	<p>ways to keep safe on and near roads.</p> <p>(Knowledge: I understand that traffic can be dangerous to pedestrians.</p> <p>Skill: I can explain some rules to cross the road safely.</p> <p>Vocab: pavement)</p> <p>5 I can begin to understand how to stay safe with medicines.</p> <p>(Knowledge: I understand that I should only take medicines if a grown-up whom I trust says it is OK..</p> <p>Skill: I can explain how I feel if I am unwell.</p> <p>Vocab: medicine)</p> <p>6. I can understand that change can cause mixed feelings</p> <p>(Knowledge: I understand what change is and that it is</p>
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		<p>unhappy and how to deal with this</p> <p>(Knowledge: I know who in school can help with friendship problems</p> <p>Skill: I can explain what I can do if a friendship is making me feel unhappy</p> <p>Vocab: Healthy friendships)</p> <p>6. I can understand the conventions of courtesy and manners</p> <p>(Knowledge: I understand that manners are important wherever I am</p> <p>Skill: I can explain where I might need to show extremely good manners</p> <p>Vocab: Manners)</p> <p>7. I can understand how loss and</p>	<p>set themselves achievable goals</p> <p>(Knowledge: I know how to ask for help</p> <p>Skill: I can say what I want to get better at</p> <p>Vocab: goal)</p> <p>6. I can identify strategies to help overcome barriers or manage difficult emotions</p> <p>(Knowledge: I understand that everybody fails</p> <p>Skill: I can describe how I feel when I find something difficult</p> <p>Vocab: growth mindset)</p>	<p>Vocab:volunteer)</p> <p>6. I can begin to understand the roles people have in the community.</p> <p>(Knowledge: I understand that there is a range of jobs locally that help our community.</p> <p>Skill: I can explain some of the things people do for their job.</p> <p>Vocab:community)</p>	<p>Skill: I can explain why people have to prioritise needs over wants.</p> <p>Vocab:priority)</p>	<p>7. I can begin to understand the concept of privacy and the correct vocabulary for body parts.</p> <p>(Knowledge: I understand that my private parts belong to me.</p> <p>Skill: I can name the private parts of my body correctly.</p> <p>Vocab:private)</p>	<p>part of life</p> <p>Skill: I can explain some positive of change</p> <p>Vocab: change)</p>
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		change can affect us (Knowledge: I understand how memories can make us feel Skill: I can explain how objects can help us to remember people or events Vocab: Remember)					
Year 3	Topic	Introductory lesson to PSHE (1) Families and relationships	Families and relationships continued (2) Health and wellbeing (4)	Health and wellbeing (2) Citizenship (4)	Citizenship (3) Economic wellbeing (3)	Economic wellbeing (3) Safety and the changing body (3)	Safety and the changing body (5) Transition (1)
	I can	1. I can learn how to be respectful in PSHE (Knowledge: I can explain some things I learnt in PSHE in Year 2 Skill: I can explain why rules can help everyone feel safe in PSHE lessons Vocab: Safe) 2. I can understand family support (Knowledge: I	1. I can recognise that stereotypes are present in everyday life (Knowledge: I can understand that toys can reinforce gender stereotypes Skill: I can explain how these stereotypes can be challenged Vocab: Stereotype) 1. I can recognise that stereotypes exist based on a	1. I can break down barriers into small achievable goals (Knowledge: I can identify a problem or barrier Skill: I can break down a problem into smaller goals Vocab: barrier) 1. I can recognise when to give consent. (Knowledge: I	1. I can understand the importance of charities and how we can support them (Knowledge: I understand that charities support different things in our community. Skill: I can explain some ways we can support charities. Vocab: charity) 2. I can begin to	1. I can explain how people's spending decisions can affect others and the environment. (Knowledge: I understand that many things can influence how we decide to spend our money Skill: I can identify positive choices people can make	1. I can understand what cyberbullying is (Knowledge: I can recognise unkind behaviour and know how to report it. Skill: I can be a responsible digital citizen. Vocab: cyberbullying) 2. I can understand that not all emails are genuine (Knowledge: I



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		<p>understand that all families are different Skill: I can explain ways in which families support each other Vocab: Support)</p> <p>3. I can understand that friendships have ups and downs and problems can be resolved (Knowledge: I understand that I may experience problems with my friends and this is normal Skill: I can explain some steps I can take to resolve problems with my friends Vocab: Apologise)</p> <p>4. I can begin to understand the impact of bullying (Knowledge: I understand what bullying is Skill: I can explain some of the possible</p>	<p>number of factors (Knowledge: I understand that stereotypes can be based on different factors Skill: I can explain some stereotypes that exist about older people Vocab: Discrimination)</p> <p>2. I can understand and plan for a healthy lifestyle (Knowledge: I understand what a balanced diet is Skill: I know that what I eat affects my mood and behaviour Vocab: diet)</p> <p>3. I can perform a range of relaxation stretches (Knowledge: I understand the positive impact of relaxation on the body</p>	<p>understand how to express my feelings to others. Skill: I can discuss how to handle different scenarios. Vocab: boundary)</p> <p>2. I can understand the benefits of dental health (Knowledge: I understand the importance of good oral hygiene Skill: I can describe the benefits of a healthy diet on mental and physical well being Vocab: balanced)</p> <p>3. I can understand the rights of a child (Knowledge: I understand that children have rights. Skill: I can explain how some of these rights benefit me. Vocab: United Nations)</p>	<p>understand how democracy works in the local area (Knowledge: I understand how democracy works in the local area. Skill: I can explain some of the things the council does. Vocab: council)</p> <p>3. I can understand why we have rules and the consequences of breaking rules (Knowledge: I understand why we have rules at school and home. Skill: I can explain some of the consequences of breaking rules. Vocab: consequence)</p> <p>4. I can identify the advantages and disadvantages of different methods of payment. (Knowledge: I can identify different</p>	<p>when spending. Vocab: fair trade)</p> <p>2. I can examine the wide range of available jobs and opportunities. (Knowledge: I understand that there are many jobs available. Skill: I can identify jobs I might want to do. Vocab: career)</p> <p>3. I can explain why anyone can aspire to be anything. (Knowledge: I understand that stereotypes exist for certain jobs. Skill: I can explain why stereotypes in the workplace might exist. Vocab: assumptions)</p> <p>4. I can understand the role I can take in an emergency situation (Knowledge: I</p>	<p>understand that I shouldn't click on links in an email unless I know what it is. Skill: I can recognise when an email might be fake. Vocab: fake)</p> <p>3. I can understand the choices that people make (Knowledge: I understand some choices I can make. Skill: I can explain who might make choices for me. Vocab: decision)</p> <p>4. I can begin to recognise who and what influences our choices (Knowledge: I understand that there are people who will influence what I choose. Skill: I can explain how someone's influence might not be good for me.</p>
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	<p>effects of bullying Vocab: Bullying)</p> <p>5. I can listen and communicate effectively (Knowledge: I know how to be a good listener Skill: I can communicate assertively Vocab: Empathy)</p> <p>6. I can understand why trust is an important part of positive relationships (Knowledge: I understand what trust is Skill: I can identify people I trust and why Vocab: Trust)</p> <p>7. I can begin to understand how to respect the differences between people (Knowledge: I understand how I</p>	<p>Skill: I can use stretching to ease muscle tension and relax Vocab: relax)</p> <p>4. I can understand the different aspects of my identity (Knowledge: I understand that I am part of different groups/communities Skill: I can say what I am good at Vocab: identity)</p> <p>5. I can begin to identify my own strengths (Knowledge: I understand that I can help other people Skill: I can describe how I can use my strengths to help others Vocab: hero)</p>	<p>4. I can understand how we can help children benefit from their Rights (Knowledge: I understand that children have rights. Skill: I can explain how adults have responsibilities for maintaining children's rights. Vocab: rights)</p> <p>5. I can understand the environmental benefits of recycling (Knowledge: I understand that recycling rubbish helps protect the environment. Skill: I can identify things that can be recycled. Vocab: recycle)</p> <p>6. I can understand the groups that</p>	<p>methods of payment. Skill: I can compare different payment methods when used in different scenarios. Vocab: account)</p> <p>5. I can explain why budgeting is important. (Knowledge: I understand what a budget is. Skill: I can explain that people spend money in different ways. Vocab: budget)</p> <p>6. I can identify how money can impact feelings and emotions. (Knowledge: I understand that money can make us feel different emotions. Skill: I can explain what emotions someone might feel in different situations involving money. Vocab: emotion)</p>	<p>understand it is most important to ensure the safety of myself and others in the event of an emergency. Skill: I can assist in an emergency by correctly calling for help. Vocab: emergency)</p> <p>5. I can understand how to help if someone has been stung or bitten (Knowledge: I know how to assess a casualty's condition calmly and identify an allergic reaction to a bite or sting. Skill: I can comfort and reassure a casualty who has been bitten or stung. Vocab: anaphylaxis)</p> <p>6. I can understand the importance of being kind online (Knowledge: I understand how to</p>	<p>Vocab: influence)</p> <p>5. I can develop my understanding of how to keep safe on and near roads (Knowledge: I understand the basic rules for keeping safe on or near roads. Skill: I can explain rules for keeping safe. Vocab: rules)</p> <p>6. I can identify coping strategies people use to cope with change (Knowledge: I understand that there are different strategies I can use to deal with change Skill: I can explain the opportunities and responsibilities that change might bring Vocab: opportunity)</p>
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		should treat people who are different to me Skill: I can identify similarities and differences between people Vocab: Respect)		make up the community (Knowledge: I understand that there are buildings and places that are there for the community. Skill: I can explain what a community is. Vocab: community)		use positive language within an email. Skill: I am able to recognise when digital behaviour is unkind. Vocab: email)	
Year 4	Topic	Introductory lesson to PSHE (1) Families and relationships (6)	Families and relationships ctd (2) Health and wellbeing ctd (4)	Health and wellbeing (3) Citizenship (3)	Citizenship (3) Economic wellbeing (3)	Economic wellbeing (3) Safety and the changing body (4)	Safety and the changing body (4) Transition (1)
	I can	1. I can learn how to be respectful in PSHE (Knowledge: I can understand what PSHE is Skill: I can explain some things I learnt in PSHE in Year 3 Vocab: PSHE) 2. I can develop my understanding of courtesy and manners (Knowledge: I understand that good	1. I can begin to understand that families are varied (Knowledge: I understand that families are all different and I should respect these differences Skill: I can identify differences and similarities in families in other countries Vocab: Culture)	1. I can identify what is important to me and take responsibility for own happiness (Knowledge: I understand that all emotions are important Skill: I can take action to affect my own happiness Vocab: emotions)	1. I can understand the contribution groups make to a community (Knowledge: I understand that groups exist to do different things in a community. Skill: I can explain what someone might think about before setting up a group. Vocab: community group)	1. I can understand how different factors can influence career choices. (Knowledge: I can identify different influences on career choices. Skill: I can describe a range of influences on career choices. Vocab: career) 2. I can explain why people can have	1. I can understand that not all information on search engines is valuable (Knowledge: I can understand whether information will be useful or not. Skill: I can explain why some information might come up in my search that isn't relevant to me. Vocab: search engine)



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	<p>manners are one way of showing respect for others</p> <p>Skill: I can explain what manners might be appropriate in a given situation</p> <p>Vocab: Good manners)</p> <p>3. I can begin to understand boundaries in friendship</p> <p>(Knowledge: I understand that I have the right to decide what happens to my body.</p> <p>Skill: I can explain some boundaries in friendships.</p> <p>Vocab: Boundary)</p> <p>4. I can understand that my behaviour can have an impact on others</p> <p>(Knowledge: I understand that what I say and do affects others</p> <p>Skill: I can think of ways to make other people happy</p>	<p>2. I can explore how we can help following a bereavement</p> <p>(Knowledge: I understand what a bereavement is</p> <p>Skill: I can explain some things that might help someone who has experienced a bereavement</p> <p>Vocab: Bereavement)</p> <p>3. I can understand how we look after our teeth</p> <p>(Knowledge: I can understand what to do to keep my teeth healthy</p> <p>Skill: I can share this information effectively with my peers</p> <p>Vocab: Fluoride)</p> <p>4. I can understand what relaxation feels like and different relaxation techniques</p> <p>(Knowledge: I know what makes me feel calm and relaxed</p> <p>Skill: I can visualise a</p>	<p>2. I can understand a range of emotions</p> <p>(Knowledge: I understand it is normal to experience a range of emotions</p> <p>Skill: I can identify a range of emotions</p> <p>Vocab: positive emotions)</p> <p>3. I can understand what mental health is and who can help if I need it</p> <p>(Knowledge: I understand that we all have mental health as well as physical health</p> <p>Skill: I can explain who I can talk to if I am worried about my mental health or someone else's</p> <p>Vocab: negative emotions)</p> <p>4. I can begin to understand the human rights convention</p>	<p>2. I can understand the value of diversity in a community</p> <p>(Knowledge: I understand that communities are made up of different groups.</p> <p>Skill: I can explain what different people bring to community.</p> <p>Vocab: benefit)</p> <p>3. I can develop an understanding of the role of the local government</p> <p>(Knowledge: I understand the role of local councillor.</p> <p>Skill: I can explain how local residents can share their ideas with the local councillor.</p> <p>Vocab: local government)</p> <p>4. I can recognise factors influencing value for money.</p> <p>(Knowledge: I can define 'good value for money'.</p> <p>Skill: I can explain why</p>	<p>more than one career in their life.</p> <p>(Knowledge: I can identify factors that influence career changes.</p> <p>Skill: I can give examples of people who have successfully switched careers.</p> <p>Vocab: passion)</p> <p>3. I can identify and challenge stereotyping in the workplace.</p> <p>(Knowledge: I can recognise stereotypes and how they might appear in the workplace.</p> <p>Skill: I can identify instances where people in the past have overcome stereotypes.</p> <p>Vocab: challenge)</p> <p>4. I can understand that age restrictions are designed to protect us</p> <p>(Knowledge: I know</p>	<p>2. I can understand that change is a part of growing up</p> <p>(Knowledge: I understand I have changed physically and developed skills in my life so far.</p> <p>Skill: I can identify some physical changes I will go through before I become an adult.</p> <p>Vocab: physical changes)</p> <p>3. I can recognise the physical differences between children and adults</p> <p>(Knowledge: I understand that different changes happen to males and females.</p> <p>Skill: I can identify some physical differences between child and adult bodies.</p> <p>Vocab: puberty)</p> <p>4. I can begin to understand the risks</p>
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		<p>Vocab: Impact)</p> <p>5. I can understand the effects of bullying and responsibility of bystanders</p> <p>(Knowledge: I understand the role bystanders can play in stopping bullying</p> <p>Skill: I can explain the impact bullying can have on individuals</p> <p>Vocab: Bystander)</p> <p>6. I can explore stereotypes in fictional characters</p> <p>(Knowledge: I can identify fictional characters who reinforce gender stereotypes</p> <p>Skill: I can explain the negative impact of stereotypes</p> <p>Vocab: Stereotype)</p> <p>7. I can recognise that stereotypes can relate to a number of factors</p> <p>(Knowledge: I understand that</p>	<p>place that makes me feel calm</p> <p>Vocab: visualise)</p> <p>5. I can develop a growth mindset and understand that mistakes are useful</p> <p>(Knowledge: I understand why mistakes are important</p> <p>Skill: I can describe how it feels to fail</p> <p>Vocab: resilience)</p> <p>6. I can identify my own strengths and begin to see how they affect others</p> <p>(Knowledge: I can describe my strengths</p> <p>Skill: I can explain how job roles help other people</p> <p>Vocab: skill)</p>	<p>(Knowledge: I understand that everyone has human rights.</p> <p>Skill: I can explain why these rights are important.</p> <p>Vocab: human rights)</p> <p>5. I can understand the benefits of reusing items</p> <p>(Knowledge: I understand the environmental benefits of reusing items.</p> <p>Skill: I can explain why reusing is better for the environment than recycling.</p> <p>Vocab: re-using)</p> <p>6. I can understand the roles of groups in the wider community</p> <p>(Knowledge: I understand that a range of different groups exist in my wider community.</p> <p>Skill: I can explain why someone might</p>	<p>people have different views on good value for money.</p> <p>Vocab: reasonable)</p> <p>5. I can understand the importance of monitoring money.</p> <p>(Knowledge: I understand how to track how much money has been spent.</p> <p>Skill: I can describe ways of tracking money.</p> <p>Vocab: bank statement)</p> <p>6. I can describe different ways of keeping money safe.</p> <p>(Knowledge: I can recognise different money security measures.</p> <p>Skill: I can suggest different places to keep money safe.</p> <p>Vocab: security)</p>	<p>why social media, some computer games and online gaming are age restricted.</p> <p>Skill: I can give reasons to support a point of view.</p> <p>Vocab: age restriction)</p> <p>5. I can understand the benefits of and risks of sharing material online</p> <p>(Knowledge: I understand that the internet can be a useful way to share information.</p> <p>Skill: I can explain some of the risks of sharing some images online.</p> <p>Vocab: share aware)</p> <p>6. I can understand how to help someone with asthma</p> <p>(Knowledge: I know how to seek medical help if required.</p> <p>Skill: I can identify</p>	<p>of being a smoker</p> <p>(Knowledge: I understand the possible risks of smoking tobacco.</p> <p>Skill: I can explain the benefits of being a non-smoker.</p> <p>Vocab: tobacco)</p> <p>5. I can create goals to achieve before Year 5</p> <p>(Knowledge: I know who I can talk to if I am worried about anything</p> <p>Skill: I can set myself goals</p> <p>Vocab: goal)</p>
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		<p>stereotypes can affect how I see people</p> <p>Skill: I can explain how stereotypes might have a negative affect on people</p> <p>Vocab: Discrimination)</p>		<p>set up or join a community group.</p> <p>Vocab: community)</p>		<p>and manage a casualty who is having difficulty breathing due to asthma.</p> <p>Vocab: airway)</p> <p>7. I can understand the difference between secrets and surprises</p> <p>(Knowledge: I understand the difference between private and public.</p> <p>Skill: I can explain the difference between a secret and a surprise.</p> <p>Vocab: private)</p>	
Year 5	Topic	Introductory lesson to PSHE (1) Families and relationships (6)	Families and relationships continued (2) Health and wellbeing (4)	Health and wellbeing contd (3) Citizenship (3)	Citizenship (3) Economic wellbeing (3)	Economic wellbeing (3) Safety and the changing body (4)	Safety and the changing body (3) Transition (1)
	I can	<p>1. I can learn how to be respectful in PSHE</p> <p>(Knowledge: I can explain some things I learnt in PSHE in Year 4</p> <p>Skill: I can explain rules that can help everyone feel safe in</p>	<p>1. I can recognise how attitudes to gender have changed over time</p> <p>(Knowledge: I understand that attitudes and laws relating to gender have</p>	<p>1. I can take responsibility for my own actions</p> <p>(Knowledge: I understand that my actions affect other people</p> <p>Skill: I can describe a</p>	<p>1. I can understand how we recognise and value the contribution people make to the community</p> <p>(Knowledge: I understand how contributions to the community are</p>	<p>1. I can examine the risks associated with handling money online.</p> <p>(Knowledge: I can identify different types of online financial risks.</p>	<p>1. I can understand emotional changes during puberty</p> <p>(Knowledge: I understand that puberty may change my feelings as well as my body.</p>



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	<p>PSHE lessons Vocab: PSHE)</p> <p>2. I can understand how to form and maintain positive relationships (Knowledge:</p> <p>understand what makes a good friend Skill: I can set myself a friendship-themed goal Vocab: Friendship)</p> <p>3. I can explore the ups and downs of friendship (Knowledge:</p> <p>understand that friendships have ups and downs. Skill: I can provide possible solutions to friendship problems. Vocab: Solution)</p> <p>4. I can understand the concept of marriage (Knowledge:</p> <p>understand that marriage is a legal commitment. Skill: I can explain why people might decide to</p>	<p>changed over time. Skill: I can explain why gender equality is important. Vocab: Equality)</p> <p>2. I can explore how stereotyping can lead to discrimination (Knowledge:</p> <p>understand that stereotypes around race and religion can be harmful Skill: I can explain how we make assumptions about people based on how they look Vocab: Racism)</p> <p>3. I can use yoga poses and breathing to relax (Knowledge:</p> <p>understand the importance of relaxation Skill: I can perform yoga stretches Vocab: relaxation)</p> <p>4. I can understand the benefits of sleep (Knowledge:</p> <p>understand what</p>	<p>range of feelings Vocab: choice)</p> <p>2. I can understand and plan a healthy meal (Knowledge:</p> <p>understand what a healthy diet consists of and create healthy meals using this knowledge Skill: I can plan a healthy meal, following the NHS recommended daily intake allowance Vocab: calories)</p> <p>3. I can understand the risks associated with the sun and how these can be avoided (Knowledge:</p> <p>understand the risks of exposure to the sun Skill: I can explain the things I need to do to keep myself safe in the sun Vocab: UV rays)</p> <p>4. I can begin to</p>	<p>recognised and valued. Skill: I can explain how some individuals have contributed to society. Vocab: contribution)</p> <p>2. I can recognise the role of pressure groups (Knowledge:</p> <p>understand what a pressure group is. Skill: I can explain how pressure groups can bring about change. Vocab: pressure group)</p> <p>3. I can begin to understand how parliament works (Knowledge:</p> <p>understand how Parliament works. Skill: I can explain what the parts of parliament are. Vocab: parliament)</p> <p>4. I can prioritise needs over wants. (Knowledge:</p> <p>I can identify whether something is a need or want. Skill: I can discuss the</p>	<p>Skill: I can describe some consequences of buying online. Vocab: fraud)</p> <p>2. I can identify and challenge stereotyping in the workplace. (Knowledge:</p> <p>I can recognise stereotyping and how this might happen in the workplace. Skill: I can identify examples of workplace stereotyping. Vocab: stereotype)</p> <p>3. I can explore how personal interests and skills align with different careers. (Knowledge:</p> <p>I can explain the importance of interests and skills when choosing a career. Skill: I can match my interests with professional skills.</p>	<p>Skill: I can explain that everyone is different and these differences are normal. Vocab: feelings)</p> <p>2. I can understand how to help someone who is bleeding (Knowledge:</p> <p>I know that it is important to ensure the safety of myself and others. Skill: I can assess a casualty's condition calmly. Vocab: arteries)</p> <p>3. I can begin to understand the influence others have on us (Knowledge:</p> <p>I understand that other people might try to influence my decisions and choices Skill: I can explain some things I can make my own decisions about Vocab: influence)</p>
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	<p>get married. Vocab: Marriage) 5. I can begin to understand self-respect (Knowledge: I can explain what self-respect is. Skill: I can identify positive attributes in myself. Vocab: self-respect) 6. I can understand the difficulties in family relationships (Knowledge: I understand that sometimes families can make children feel unhappy or unsafe. Skill: I can explain why keeping secrets is not a good thing to do. Vocab: Problem) 7. I can understand more about bullying and how to get help (Knowledge: I know who I can talk to if I am worried about bullying Skill: I can explain how</p>	<p>affects sleep Skill: I can describe why sleep is beneficial Vocab: quality) 5. I can understand the purpose of failure (Knowledge: I know strategies to help manage feelings of failure Skill: I can describe how failing makes me feel Vocab: overcome) 6. I can learn how to set goals (Knowledge: I can identify what I want to learn or be better at Skill: I can say what I need to do to get better Vocab: goal)</p>	<p>understand what happens when the law is broken (Knowledge: I understand what happens when someone breaks the law. Skill: I can explain the process of a trial. Vocab: trial) 5. I explore the links between rights and responsibilities (Knowledge: I understand that rights apply to everyone. Skill: I can explain what freedom of expression means and what limitations there are. Vocab: freedom of expression) 6. I can understand how 'reduce' can help the environment (Knowledge: I understand how</p>	<p>benefits of focusing on needs. Vocab: prioritise) 5. I can create a weekly budget. (Knowledge: I can identify different sources of income and expenditure. Skill: I can prioritise my needs and wants. Vocab: budget) 6. I can identify the significance of borrowing and loaning money. (Knowledge: I can explain the difference between loaning and borrowing. Skill: I can give reasons why someone might borrow money. Vocab: borrow)</p>	<p>Vocab: interest) 4. I can begin to understand the risks associated with online friendships (Knowledge: I understand the difference between a friend, an acquaintance and someone I meet online. Skill: I can explain what is safe to share online and what I might need to think about and not share. Vocab: online) 5. I can learn about staying safe online (Knowledge: I can identify possible dangers online. Skill: I can suggest ways to stay safe online. Vocab: appropriate) 6. I can understand physical changes associated with puberty</p>	<p>4. I can understand the skills needed to take on responsibilities in school (Knowledge: I understand the skills needed to take on roles in school Skill: I can explain the skills I have and those I need to develop Vocab: responsibility)</p>
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		someone who is being bullied might feel Vocab: Report)		reducing the use of materials and energy helps the environment. Skill: I can explain some of the things individuals can do to reduce use of materials and energy. Vocab: reduce)		(Knowledge: understand how the body changes as a child becomes an adult. Skill: I can accurately label sexual external parts of the body. Vocab: puberty) 7. I can understand the menstrual cycle (Knowledge: understand the process of the menstrual cycle. Skill: I can explain some changes I will go through during puberty. Vocab: menstruation)	
Year 6	Topic	Introductory lesson to PSHE (1) Families and relationships	Health & Wellbeing	Health & Wellbeing ctd (2) Citizenship (4)	Citizenship (2) Economic wellbeing (4)	Economic wellbeing(2) Safety and the changing body (5)	Safety and the changing body (3) Identity (2) Transition (1)
	I can	1. I can learn how to be respectful in PSHE (Knowledge: I can explain some positive things about PSHE in the school Skill: I can explain	1. I can identify long term goals and how to work towards them (Knowledge: I know the qualities I want to have Skill: I can plan how to	1. I can understand how habits can be good or bad for our health (Knowledge: I understand how I can take responsibility for	1. I can understand diversity and the value different people bring (Knowledge: I understand the contribution that people with protected	1. I can explore how different careers operate in a workplace. (Knowledge: I can understand how people work together	1. I can understand the development of a baby during pregnancy (Knowledge: I understand how a baby develops in the



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		<p>rules which can help everyone feel safe in PSHE lessons Vocab: Safe)</p> <p>2. I can understand respect and why it is important (Knowledge: I understand that everyone deserves a basic level of respect Skill: I can explain how I can earn respect from my peers and from adults Vocab: Courtesy)</p> <p>3. I can understand that respect is two-way (Knowledge: I understand that I should treat others how I expect to be treated myself Skill: I can explain how I want to be respected Vocab: Disrespect)</p> <p>4. I can explore other people's attitudes and ideas and to begin to challenge these (Knowledge: I</p>	<p>get better at something Vocab: values)</p> <p>2. I can use mindfulness to manage emotions (Knowledge: I know a range of relaxation strategies Skill: I can say when I would use different relaxation strategies Vocab: technique)</p> <p>3. I can understand and plan for a healthy lifestyle (Knowledge: I understand the importance of a healthy diet, good oral hygiene, rest and relaxation and physical activity Skill: I can set myself achievable goals Vocab: responsibility)</p> <p>4. I can understand the impact of technology on health (Knowledge: I understand that technology can have</p>	<p>my health Skill: I can explain the consequences of actions Vocab: habit)</p> <p>2. I can understand what happens when we are ill and when to seek support (Knowledge: I understand that changes in my body could be due to illness Skill: I can identify who I can talk to if I am worried about anything Vocab: illness)</p> <p>3. I can understand human rights (Knowledge: I understand human rights are there to protect everyone. Skill: I can explain why education is important and is included as a human right. Vocab: human rights)</p>	<p>characteristics bring to society. Skill: I can identify a range of role models with different characteristics. Vocab: protected characteristics)</p> <p>2. I can begin to understand how government works (Knowledge: I understand how Government works. Skill: I can identify some roles in Government. Vocab: MP)</p> <p>3. I can identify feelings around money and discuss their impact. (Knowledge: I can understand how money-related scenarios can make people feel. Skill: I can discuss how money can affect people's feelings and</p>	<p>in specific careers. Skill: I can suggest places of work for various careers. Vocab: employees)</p> <p>2. I can explore different career routes and their requirements. (Knowledge: I can identify different career routes in multiple sectors. Skill: I can suggest educational and skill requirements for a career. Vocab: career route)</p> <p>3. I can begin to understand the risks of alcohol (Knowledge: I understand the risks of drinking alcohol. Skill: I can explain why some adults drink alcohol. Vocab: alcohol)</p> <p>4. I can start to become a discerning consumer of</p>	<p>womb during pregnancy. Skill: I can identify some of the things a baby needs. Vocab: pregnancy)</p> <p>2. I can understand how to help someone who is choking (Knowledge: I know how to seek medical help if required for a choking casualty. Skill: I can explain how to administer first aid to a casualty who is choking Vocab: back blows)</p> <p>3. I can understand how to help someone who is unresponsive (Knowledge: I can explain how to conduct a primary survey. Skill: I can place a casualty who is unresponsive and breathing normally into the recovery position.</p>
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		<p>understand that stereotypes can influence us without us really realising</p> <p>Skill: I can listen to and respect other people's opinions</p> <p>Vocab: Challenge)</p> <p>5. I can understand stereotypes</p> <p>(Knowledge: I understand a range of stereotypes</p> <p>Skill: I can identify key information on a topic</p> <p>Vocab: Message)</p> <p>6. I can resolve disputes and conflict through negotiation and compromise.</p> <p>(Knowledge: I can name different strategies to manage conflict.</p> <p>Skill: I can describe situations where conflict may arise.</p> <p>Vocab: Conflict)</p> <p>7. I can begin to understand the process and emotions relating</p>	<p>an impact on my health both physical and mental</p> <p>Skill: I can explain strategies to reduce the negative impact of technology on health</p> <p>Vocab: pressure)</p> <p>5. I can reflect on how I deal with difficult situations</p> <p>(Knowledge: I know what resilience is</p> <p>Skill: I can describe a range of resilience strategies</p> <p>Vocab: resilience)</p> <p>6. I can understand ways to prevent people becoming ill</p> <p>(Knowledge: I understand ways that I can prevent myself being ill</p> <p>Skill: I can explain some benefits of immunisation</p> <p>Vocab: immunisation)</p>	<p>4. I can understand environmental issues related to food</p> <p>(Knowledge: I understand some environmental issues relating to food.</p> <p>Skill: I can explain what people can do to overcome environmental issues relating to food.</p> <p>Vocab: environmental issues)</p> <p>5. I can understand how to share care and concern for others</p> <p>(Knowledge: I understand that I have responsibilities for other people and living things.</p> <p>Skill: I can explain how I care about things in my day to day life.</p> <p>Vocab: concern)</p> <p>6. I can recognise prejudice and</p>	<p>behaviour.</p> <p>Vocab: earnings)</p> <p>4. I can recognise how to safeguard money in digital and physical environments.</p> <p>(Knowledge: I can identify risks to money safety in physical environments.</p> <p>Skill: I can outline the dangers of using digital money.</p> <p>Vocab: security measures)</p> <p>5. I can identify how money-related matters develop at secondary school.</p> <p>(Knowledge: I can identify how managing money may be different in secondary school.</p> <p>Skill: I can discuss the importance of budgeting in secondary school.</p> <p>Vocab: expenses)</p> <p>6. I can recognise the risks of gambling.</p>	<p>information online</p> <p>(Knowledge: I understand that not everything I read online is true.</p> <p>Skill: I can explain some ways I can check if something is true.</p> <p>Vocab: fake news)</p> <p>5. I can understand how to treat online relationships</p> <p>(Knowledge: I understand respect is as important online as it is offline.</p> <p>Skill: I can explain how nasty comments can affect people.</p> <p>Vocab: internet trolling)</p> <p>6. I can understand the changes that happen during puberty</p> <p>(Knowledge: I understand changes that happen during puberty for boys, girls and both.</p>	<p>Vocab: unresponsive)</p> <p>4. I can understand what factors contribute to my identity</p> <p>(Knowledge: I understand that a range of things make up identity</p> <p>Skill: I can explain some factors which make up my identity</p> <p>Vocab: identity)</p> <p>5. I can understand that the media manipulates images</p> <p>(Knowledge: I understand that images can be manipulated and are not realistic</p> <p>Skill: I can explain why seeing these images all the time might be harmful</p> <p>Vocab: manipulation)</p> <p>6. I can understand that a big change can bring about opportunities and</p>
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		<p>to grief.</p> <p>(Knowledge: understand that loss and change can cause a range of emotions.</p> <p>Skill: I can explain what grief means.</p> <p>Vocab: Grief)</p>		<p>discrimination</p> <p>(Knowledge: understand what prejudice and discrimination are and why they are wrong.</p> <p>Skill: I can explain how I might challenge prejudice and discrimination.</p> <p>Vocab: prejudice)</p>	<p>(Knowledge: I can define what gambling is.</p> <p>Skill: I can explain the risks and consequences associated with gambling.</p> <p>Vocab: consequences)</p>	<p>Skill: I can name the parts of the body.</p> <p>Vocab: puberty)</p> <p>7. I can understand the biology of conception</p> <p>(Knowledge: I understand the menstrual cycle.</p> <p>Skill: I can explain how a baby is conceived.</p> <p>Vocab: conception)</p>	<p>worries</p> <p>(Knowledge: I understand that change can bring opportunity but also worry</p> <p>Skill: I can explain some ways I can deal with change</p> <p>Vocab: opportunity)</p>
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