

Grange Park Learning Quest

2024-2025 PSHE long term subject map

	Autumn 1 Being Me In my World	Autumn 2 Celebrating difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing me
Reception	Being Me In my World Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Celebrating difference Identifying talents Being special Families Where we live Making friends Standing up for yourself	Dreams and Goals Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Healthy Me Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Relationships Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Changing me Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
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Year 1	Being Me In my World Feeling special and safe. Understand my rights and responsibilities as a member of my class. Know my views are valued. Recognise the choices I make and understand the consequences. Rewards and feeling proud.	Celebrating difference Identify similarities and differences between people in my class. Understanding bullying and knowing how to deal with it. what bullying is. Trusted adults. Making new friends. Celebrating differences in everyone.	Dreams and Goals Setting goals and working out how to achieve them. Working well with a partner. Tackling new challenges. Identifying and overcoming obstacles Feelings of success. Celebrating achievements.	Healthy Me Keeping myself healthy. Making healthier lifestyle choices. Keeping clean. Understand how germs can cause disease/illness. Know that all household products, including medicines, can be harmful if not used properly. Medicine safety/safety with household items. Road safety. Linking health and happiness.	Relationships Identify members of my family and understand that there are lots of different types of families. Making friends/being a good friend. Know appropriate ways of physical contact to greet my friends and know which ways I prefer. Know people who can help me in my school community. Recognise my qualities as a person and a friend. Celebrating special relationships.	Changing me Life cycles - animals and humans. Changes in me. Changes since being a baby. Differences between female and male bodies using correct terminology. Linking growing and learning. Coping with change. Transitions.
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Year 2	Being Me In my World I can identify some of my hopes and fears for this year. I understand the rights and responsibilities for being a member of my class and school. I can listen to other people and contribute my own ideas	Celebrating difference Understand that sometimes people make assumptions about boys and girls (stereotypes). Understand that bullying is sometimes about difference.	Dreams and Goals Achieving realistic goals. Showing perseverance. Learning with others. Group co-operation. Contributing to and sharing success.	Healthy Me Motivation. Healthier choices. Relaxation. Understanding how medicines work in my body and how important it is to use them safely. Healthy eating and nutrition.	Relationships Different family members. Different types of families. Physical contact boundaries within families. Friendship and coping with conflict. Secrets. Trust and appreciation.	Changing me Recognise cycles of life in nature. Growing from young to old. Body changes since being a baby. Differences in female and male bodies using correct terminology and appreciate that some parts of my body are private.

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	about rewards and consequences. I can recognise the choices I make and understand the consequences.	Recognise what is right and wrong and know how to look after myself. Understand that it is OK to be different from other people and to be friends with them. Gender diversity. Celebrating differences and remaining friends.		Healthier snacks and sharing.	Expressing appreciation for special relationships.	Understanding that there are different types of touch and being able to explain which ones I like and don't like. Assertiveness. Preparing for transition.
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Year 3	Being Me In my World Setting personal goals. Self-identity and worth. Positivity in challenges. Rules, rights and responsibilities. Rewards and consequences. Responsible choices. Seeing things from others' perspectives.	Celebrating difference Families and their differences. Family conflict and how to manage it (child-centred). Witnessing bullying and how to solve it. Recognising how words can be hurtful. Giving and receiving compliments.	Dreams and Goals Difficult challenges and achieving success. My dreams and ambitions. Showing motivation and enthusiasm when facing new learning challenges. Recognising and trying to overcome obstacles. Evaluating learning processes. Managing feelings. Simple budgeting.	Healthy Me Understand how exercise affects my body and know why my heart and lungs are such important organs. Food labelling and healthy swaps. My attitude towards drugs. Keeping safe and why it's important - online and offline scenarios. Identifying people to go to for help. Identify when something feels safe or unsafe. Respect for myself and others. Healthy and safe choices.	Relationships Identify family roles and responsibilities. Friendship skills and negotiation. Keeping safe online and knowing who to go to for help. Being a global citizen - explain how some of the actions and work of people around the world help and influence my life. Being aware of how my choices affect others. Awareness of how other children have different lives. Expressing appreciation for family and friends.	Changing me Understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby. Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow. Start to recognise stereotypical ideas I might have about parenting and family roles. Preparing for transition.
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Year 4	Being Me In my World Know that my attitudes and actions make a difference to the class team. Being a school citizen. Rights, responsibilities and democracy (including British Values). Understanding others' feelings and showing empathy.	Celebrating difference Challenging assumptions. Judging by appearance. Accepting self and others. Understanding influences. Understanding bullying and knowing how to manage some scenarios. Identifying how special and unique everyone is.	Dreams and Goals My hopes and dreams. Overcoming disappointment. Creating new, realistic dreams and goals. Achieving goals. Working as a group. Celebrating contributions. Developing and showing resilience.	Healthy Me Healthier friendships. Friendship group dynamics. Understand the effect alcohol and smoking have on health. Peer pressure and assertiveness. Celebrating inner strength. Knowing what I believe is right and wrong.	Relationships Recognise situations which can cause jealousy in relationships. Identify someone I love and express why they are special to me. Memories of loved ones. Friendships: Getting on and falling out.	Changing me Understand outside body changes. Understand inside body changes. Understand how some of my personal characteristics have come from my birth parents. Correctly label the internal and external parts of male and female bodies that are necessary for

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	Group decision making. Having a voice. Knowing what motivates behaviour.	First impressions.	Developing positive attitudes.		Understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older. Showing love and appreciation to the people and animals who are special to me.	making a baby, using correct terminology. Girls and puberty. Confidence and change. Accepting change. Preparing for transition. Environmental change.
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Year 5	Being Me In my World Planning the forthcoming year. Facing new challenges positively. Setting personal goals. Rights and responsibilities. Being a citizen. Making positive choices. Understanding rewards and consequences. Identifying how behaviour can affect groups. Democracy, having a voice and participating.	Celebrating difference Recognising cultural differences and understanding how they can sometimes cause conflict. Understanding racism. Understanding rumour-spreading and name-calling. Types of bullying. Recognising material wealth and happiness. Enjoying and respecting other cultures.	Dreams and Goals How to achieve future dreams. The importance of money. Jobs and careers. Dream job and how to get there. Motivation. Understand that the dreams and goals of young people in a different culture may be different to mine. Supporting others (charity).	Healthy Me Understand the health risks of smoking and how tobacco affects the lungs, liver and heart. Recognise the risks of misusing alcohol. Alcohol and anti-social behaviour. Emergency first aid. The media and body image. Relationships with food. Healthy choices. Motivation and lifestyle.	Relationships Understanding self-recognition and self-worth. Building self-esteem - characteristics and personal qualities. Developing safer online communities, including online gaming, social networking and gambling responsibilities. Reducing screen time. Dangers of online grooming. SMART internet safety rules.	Identify changes that have been and may continue to be outside of my control that I learnt to accept. Self and body image. Influences of online and media on body image. Be aware of my own self-image. Describe how boys' and girls' bodies change during puberty. Identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities. Coping with change. Preparing with transition.
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Year 6	Being Me In my World Identifying goals, fears and worries for the forthcoming year. Understanding universal children's rights. Being a global citizen. My choices, responsibilities, rewards and consequences. Feeling welcome and valued. Understanding and coping with friendship group dynamics. Democracy and having a voice.	Celebrating difference Understanding perceptions of normality. Understanding disability. Explain some ways in which one person or a group can have power over another. Understanding bullying behaviours. Understanding inclusion and exclusion. Differences as conflict, difference as celebration.	Dreams and Goals Setting personal learning goals, both in and out of school. Developing a success criteria to meet my personal goals. Showing motivation. Identify problems in the world that concern me and explain how they make me feel. Making a difference in the world.	Healthy Me Taking personal responsibility for my health and well-being. Understanding how substances affect the body, drug and alcohol misuse. Understanding exploitation, including 'county lines' and gang culture. Understanding and managing emotional and mental health. Managing stress.	Relationships Taking care of my mental health. Identifying mental health worries and sources of support. Understanding stages of grief - love and loss. Managing feelings. Recognising power and control and understanding assertiveness. Using technology safely and responsibly.	Understand that sexual intercourse can lead to conception and that is how babies are usually made. Understand that sometimes people need IVF to help them have a baby. Being aware of my own self-image and body image. Understanding puberty and feelings. Describe how a baby develops from conception through to birth. Understanding physical attractions. Developing positive self-esteem. Understanding respect and consent.

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	Being a role model.	Showing empathy.	Recognising achievements and giving compliments.			Boyfriends/girlfriends. Understanding sexting. Preparing for transition.
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