



PSHE CURRICULUM MAP

Curriculum Map: PSHE, RSE, Come & See, and Science

From September 2020 the DfE has announced that PSHE will be statutory in all schools. At this moment in time the expectation is that as part of the national curriculum framework that *'All schools should make provision for PSHE education, drawing on good practice'*.

In the absence of a national programme of study from the DfE, PSHE Association, in consultation with a wide variety of agencies and practitioners, has produced a programme of study based on the needs of pupils in modern society. The programme of study has been designed to incorporate all of the statutory requirements set out by the DfE, and whilst being comprehensive, is not limited to just this statutory content.

At Saint Ambrose Barlow CPS we have designed a bespoke programme of study which is designed for the specific needs of our faith school, ensuring that our curriculum covers not only the aspects such as economic wellbeing, careers and enterprise education, but also includes personal safety, assessing and managing risks. The aim is to develop the knowledge, skills and attributes that pupils need to manage their lives, now and in the future, helping them to stay healthy and safe, empowering them to reach their full potential in life and the world of work. Throughout our curriculum work has been designed through the Catholic lens.

Our programme of study has been created in conjunction with our Come & See (Our R.E programme), A Journey in Love (Our R.S.E programme), as well as our Science curriculum, and have, through this curriculum map, identified how we uphold the statutory responsibility to support pupils' spiritual, moral, cultural, mental and physical development and prepare them for the opportunities, responsibilities and experiences of life, underpinned by the Gospel Values of the Catholic Church.

Foundation Stage PSHE involves helping children to develop a positive sense of themselves, and others; to form positive relationships and develop respect for others; to develop social skills and learn how to manage their feelings; to understand appropriate behaviour in groups; and to have confidence in their own abilities.

Reception				
PSHE Themes	Come & See Topics	RSE Themes	Equality	Additional Links
Relationships	Autumn	Journey In Love: The wonder of being special and unique	Celebrating difference through literature:	Science
Families and friendships:	Domestic church Family Myself God knows and loves each one of us	Social and Emotional To recognise the joy of being a special person in my family.	You Choose by Nick Sharrat and Pippa Goodheart	ELG – Understanding the World Know about similarities and differences in living things. Talk about features of their own immediate environment and how environments may vary from one another.
Safe Relationships:	Domestic church Family Welcome Baptism; a welcome to God's family	Physical To recognise that we are all different and unique.	Red Rockets & Rainbow Jelly by Sue Heap and Nick Sharratt	Make observations of animals and plant and explain why some things occur and change.
Respecting ourselves and others:	Advent/Christmas Loving Birthday Looking forward to Jesus' birthday	Spiritual To celebrate the joy of being a special person in God's family.	Blue Chameleon by Emily Gravett	
Living in the wider world	Spring		The Family Book by Todd Parr	Global Citizenship
Belonging to a community:	Local church Community Celebrating People celebrate in Church		Mommy Mama and Me by Leslea Newman and Carol Thompson	MacMillian Coffee Morning
Media literacy and digital resilience:	Eucharist Relating Gathering The parish family gathers to celebrate Eucharist		Hello Hello by Brendan Wenzel	Poppy Appeal Forest Schools
Money and work:	Lent/Easter Giving Growing Looking forward to Easter			Pensioners Lunch Good Shepherd

Health and Wellbeing	Summer			
Physical health and Mental wellbeing:	Pentecost Serving Good News Passing on the Good news of Jesus			
Growing and changing:	Reconciliation Inter-relating Good News Passing on the Good news of Jesus			
Keeping safe:	Universal Church World Our World God's wonderful world			

Year One				
PSHE Themes	Come & See Topics	RSE Themes	Equality	Additional Links
Relationships	Autumn	Journey In Love: We meet God's love in our family Social and Emotional To recognise signs that I am loved in my family. Physical To recognise how I am cared for and kept safe in my family. Spiritual To celebrate ways that God loves and cares for us.	Celebrating difference through literature: Elmer by David McKee Ten Little Pirates by Mike Brownlow and Simon Rickerty My Grandpa is Amazing by Nick Butterworth Max the Champion by Sean Stockdale, Alexandra Strick and Ros Asquith My World, Your World by Melanie Walsh	Science
Families and friendships: Roles of different people; families; feeling cared for Safe Relationships: Recognising privacy; staying safe; seeking permission Respecting ourselves and others: How behaviour affects others; being polite and respectful	Domestic church Family Families God's love and care for every family Domestic church Family Families God's love and care for every family Advent/Christmas Loving Waiting Advent a time to look forward to Christmas			Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.
Living in the wider world	Spring			Global Citizenship
Belonging to a community: What rules are; caring for others' needs; looking after the environment Media literacy and digital resilience: Using the internet and digital devices; communicating online Money and work: Strengths and interests; jobs in the community	Local church Community Special People People in the parish family Eucharist Relating Meals Mass; Jesus' special meal Lent/Easter Giving Change Lent a time for change			MacMillian Coffee Morning Poppy Appeal Forest Schools Pensioners Lunch Good Shepherd

Health and Wellbeing	Summer		Errol's Garden by Gillian Hibbs	
<p>Physical health and Mental wellbeing: Keeping healthy; food and exercise, hygiene routines; sun safety</p> <p>Growing and changing: Recognising what makes them unique and special; feelings; managing when things go wrong</p> <p>Keeping safe: How rules and age restrictions help us; keeping safe online</p>	<p>Pentecost Serving Holidays & holydays Pentecost: feast of the Holy Spirit</p> <p>Reconciliation Inter-relating Being Sorry God helps us to choose well Sacrament of Reconciliation</p> <p>Universal Church World Neighbours Neighbours share God's world</p>			

Year Two				
PSHE Themes	Come & See Topics	RSE Themes	Equality	Additional Links
Relationships	Autumn	Journey In Love: We meet God's love in the community Social and Emotional To recognise the joy and friendship of belonging to a diverse community. Physical To describe ways of being safe in communities. Spiritual To celebrate ways of meeting God in our communities.	Celebrating difference through literature: The Great Big Book of Families by Mary Hoffman and Ros Asquith The First Slodge by Jeanne Willis The Odd Egg by Emily Gravett Just Because by Rebecca Elliot Blown Away by Melanie Walsh Can I Join Your Club? By John Kelly and Steph Laberis How To Be a Lion by Ed Vere Amazing by Steve Antony What the Jackdaw Saw by Julia Donaldson	Science
Families and friendships: Making friends; feeling lonely and getting help. Safe Relationships: Managing secrets; resisting pressure and getting help; recognising hurtful behaviour. Respecting ourselves and others: Recognising things in common and differences; playing and working cooperatively; sharing opinions.	Domestic church Family Beginnings God at every beginning. Baptism/ confirmation Belonging Signs & Symbols Signs & Symbols in Baptism. Advent/Christmas Loving Preparations Advent; preparing to celebrate Christmas.			I can notice that animals, including humans, have offspring which grow into adults. I can find out about and describe the basic needs of animals, including humans, for survival (water, food and air). I can describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
Living in the wider world	Spring			Global Citizenship
Belonging to a community: Belonging to a group; roles and responsibilities; being the same and different in the community. Media literacy and digital resilience: The internet in everyday life; online content and information. Money and work: What money is; needs and wants; looking after money.	Local church Community Books The books used in Church. Eucharist Relating Thanksgiving Mass a special time for saying thank you to God for everything, especially Jesus. Lent/Easter Giving Opportunities Lent; an opportunity to start anew in order to celebrate Jesus' new life.			MacMillian Coffee Morning Poppy Appeal Forest Schools Pensioners Lunch Good Shepherd

Health and Wellbeing	Summer			
<p>Physical health and Mental wellbeing: Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help.</p> <p>Growing and changing: Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help.</p> <p>Keeping safe: Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help.</p>	<p>Pentecost Serving Spread the word Pentecost a time to spread the Good News.</p> <p>Reconciliation Inter-relating Rules Reasons for rules in the Christian family Sacrament of Reconciliation.</p> <p>Universal Church World Treasures God's treasure; the world.</p>		<p>and Nick Sharratt</p> <p>All Are Welcome by Alexandra Penfold and Suzanne Kaufman</p>	

Year Three				
PSHE Themes	Come & See Topics	RSE Themes	Equality	Additional Links
Relationships	Autumn	Journey In Love: How we live in love	Celebrating difference through literature:	Science
<p>Families and friendships: What makes a family; features of family life.</p> <p>Safe Relationships: Personal boundaries; safely responding to others; the impact of hurtful behaviour.</p> <p>Respecting ourselves and others: Recognising respectful behaviour; the important of self-respect; courtesy and being polite.</p>	<p>Domestic church Family Homes God's dream for every family</p> <p>Baptism/ confirmation Belonging Promises Promises made at Baptism</p> <p>Advent/Christmas Loving Visitors Advent: waiting for the coming of Jesus</p>	<p>Social and Emotional To describe and give reasons how friendships make us feel happy and safe.</p> <p>Physical To describe and give reasons why friendships can break down, how they can be repaired and strengthened.</p> <p>Spiritual To celebrate the joy and happiness of living in friendship with God and others.</p>	<p>Oliver by Birgitta Sif</p> <p>This is Our House by Michael Rosen</p> <p>Two Monsters by David McKee (To find a solution to a problem)</p> <p>The Hueys in the New Jumper by Oliver Jeffers</p> <p>Beegu by Alexis Deacon</p> <p>We're All Wonders by R.J Palacio</p>	<p>I can identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat</p> <p>I can identify that humans and some other animals have skeletons and muscles for support, protection and movement.</p> <p>I can recognise that light from the sun can be dangerous and that there are ways to protect their eyes.</p>
Living in the wider world	Spring			Global Citizenship
<p>Belonging to a community: The value of rules and laws; rights, freedom and responsibilities.</p> <p>Media literacy and digital resilience: How the internet is used; assessing information online.</p> <p>Money and work: Different jobs and skills; job stereotypes; setting personal goals.</p>	<p>Local church Community Journeys Christian family's journey with Jesus</p> <p>Eucharist Relating Listening & Sharing Jesus gives himself to us in a special way</p> <p>Lent/Easter Giving Giving all Lent a time to remember Jesus' total giving</p>		<p>The Truth About Old People by Elina Ellis</p> <p>Planet Omar: Accidental Trouble Magnet by Zanib Mian</p>	<p>MacMillian Coffee Morning</p> <p>Poppy Appeal</p> <p>Forest Schools</p> <p>Pensioners Lunch</p> <p>Good Shepherd</p>

Health and Wellbeing	Summer			
<p>Physical health and Mental wellbeing: Health choices and habits; what affects feelings; expressing feelings.</p> <p>Growing and changing: Personal strengths and achievements; managing and reframing setbacks.</p> <p>Keeping safe: Risks and hazards; safety in the local environment and unfamiliar places.</p>	<p>Pentecost Serving Energy Gifts of the Holy Spirit</p> <p>Reconciliation Inter-relating Choices The importance of examination of conscience Sacrament of Reconciliation</p> <p>Universal Church World Special places Holy places for Jesus & the Christian</p>			

Year Four				
PSHE Themes	Come & See Topics	RSE Themes	Equality	Additional Links
Relationships	Autumn	Journey In Love: God loves us in our differences Social and Emotional To describe how we all should be accepted and respected. Physical To describe how we should treat others making links with the diverse modern society we live in. Spiritual To celebrate the uniqueness and innate beauty of each of us.	Celebrating difference through literature: Dogs Don't Do Ballet by Anna Kemp and Sarah Ogilvie King and King by Linda de Haan and Stern Niiland The Way Back Home by Oliver Jeffers The Flower by John Light Red: A Crayon's Story by Michael Hall Along Came a Different by Tom McLaughlin AalFred and Aalbert by Morag Hood When Sadness Come To Call by Eva Eland Julian is a Mermaid by Jessica Love	Science
Families and friendships: Positive friendships, including online. Safe Relationships: Responding to hurtful behaviour; managing confidentiality; recognising risks online. Respecting ourselves and others: Respecting differences and similarities; discussing difference sensitively.	Domestic church Family People The family of God in Scripture Baptism/ confirmation Belonging Called Confirmation: a call to witness Advent/Christmas Loving People The family of God in Scripture			I can recognise that environments can change and that this can sometimes pose dangers to living things. I can identify the different types of teeth in humans and their simple functions.
Living in the wider world	Spring			Global Citizenship
Belonging to a community: What makes a community; shared responsibilities. Media literacy and digital resilience: How data is shared and used. Money and work: Making decisions about money; using and keeping money safe.	Local church Community Community Life in the local Christian community: ministries in the parish Eucharist Relating Giving & receiving Living in communion Lent/Easter Giving Self-discipline Celebrating growth to new life			MacMillian Coffee Morning Poppy Appeal Forest Schools Pensioners Lunch Good Shepherd

Health and Wellbeing	Summer			
<p>Physical health and Mental wellbeing: Maintaining a balanced lifestyle; oral hygiene and dental care.</p> <p>Growing and changing: Physical and emotional changes in puberty; personal hygiene routines; support with puberty.</p> <p>Keeping safe: Medicines and household products; drugs common to everyday life.</p>	<p>Pentecost Serving New life To hear & live the Easter message</p> <p>Reconciliation Inter-relating Building bridges Admitting wrong, being reconciled with God and each other Sacrament of Reconciliation</p> <p>Universal Church World God's people Different saints show people what God is like</p>			

Year Five				
PSHE Themes	Come & See Topics	RSE Themes	Equality	Additional Links
Relationships	Autumn	Journey In Love: God loves us in our changing and developing Social and Emotional To show knowledge and understanding of emotional relationships changes as we grow and develop. Physical To show knowledge and understanding of physical changes in puberty. Spiritual To celebrate the joy of growing physically and spiritually.	Celebrating difference through literature: Where the Poppies Now Grow by Hilary Robinson and Martin Impey Rose Blanche by Ian McEwan and Roberto Innocenti How to Heal a Broken Wing by Bob Graham The Artist Who Painted a Blue Horse by Eric Carle And Tango Makes Three by Justin Richardson and Peter Parnell Mixed by Arree Chung The Girls by Lauren Lee and Jenny Lovlie Kenny Lives With Erica and Martina by Ollly Pike	Science
Families and friendships: Managing friendships and peer influence. Safe Relationships: Physical contact and feeling safe. Respecting ourselves and others: Responding respectfully to a wide range of people; recognising prejudice and discrimination.	Domestic church Family Ourselves Created in the image & likeness of God Baptism/ confirmation Belonging Life choices Marriage commitment and service Advent/Christmas Loving Hope Advent; waiting in joyful hope for Jesus; the promised one			Describe the changes as humans develop to old age. Describe the life process of reproduction in some plants and animals.
Living in the wider world	Spring			Global Citizenship
Belonging to a community: Valuing diversity; challenging discrimination and stereotypes. Media literacy and digital resilience: Evaluating media sources; sharing things online. Money and work: Influences and attitudes to money; money and financial risks.	Local church Community Mission Continuing Jesus' mission in diocese (Ecumenism) Eucharist Relating Memorial sacrifice The Eucharist the living memorial of Jesus' sacrifice Lent/Easter Giving Sacrifice Lent a time of aligning with the sacrifice already made by Jesus			MacMillian Coffee Morning Poppy Appeal Forest Schools Pensioners Lunch Good Shepherd

Health and Wellbeing	Summer			
<p>Physical health and Mental wellbeing: Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies.</p> <p>Growing and changing: Personal identity; recognising individuality and different qualities; mental wellbeing.</p> <p>Keeping safe: Keeping safe in different situations, including emergencies and first aid.</p>	<p>Pentecost Serving Transformation Celebration of the Spirit's transforming power</p> <p>Reconciliation Inter-relating Freedom & responsibility Commandments enable Christians to be free& responsible</p> <p>Universal Church World Stewardship The Church is called to the stewardship of Creation</p>			

Year Six				
PSHE Themes	Come & See Topics	RSE Themes	Equality	Additional Links
Relationships	Autumn	<p>Journey In Love: The wonder of God's love in creating new life</p> <p>Social and Emotional To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.</p> <p>Physical Explain how human life is conceived.</p> <p>Spiritual Show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships.</p>	<p>Celebrating difference through literature:</p> <p>My Princess Boy by Cheryl Kilodavis and Suzanne DeSimone</p> <p>The Whisperer by Nick Butterworth</p> <p>The Island by Armin Greder</p> <p>Love you Forever by Robert Munsch</p> <p>Dreams of Freedom by Amnesty International</p> <p>King of the Sky by Nicolas Davis</p> <p>The Only Way Is Badger by Stella J. Jones</p> <p>Leaf by Sandra Dieckmann</p> <p>Introducing Teddy by Jessica Walton and Dougal MacPherson</p> <p>A Day in the Life of Marlon Bundo by Marlon Bundo and Jill Twiss</p>	<p>Science</p> <p>Describe the ways in which nutrients and water are transported within animals, including humans.</p> <p>Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.</p>
<p>Families and friendships: Attraction to others; romantic relationships, civil partnerships and marriage.</p> <p>Safe Relationships: Recognising and managing pressure; consent in different situations.</p> <p>Respecting ourselves and others: Expressing opinions and respecting other points of view, including discussing topical issues.</p>	<p>Domestic church Family Loving God who never stops loving</p> <p>Baptism/ confirmation Belonging Vocation & commitment The vocation of priesthood and religious life</p> <p>Advent/Christmas Loving Expectations Jesus born to show God to the world</p>			<p>I can identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood.</p>
Living in the wider world	Spring			<p>Global Citizenship</p>
<p>Belonging to a community: Valuing diversity; challenging discrimination and stereotypes.</p> <p>Media literacy and digital resilience: Evaluating media sources; sharing things online.</p> <p>Money and work: Influences and attitudes to money; money and financial risks.</p>	<p>Local church Community Sources The Bible, the special book for the Church</p> <p>Eucharist Relating Unity Eucharist enables people to live in communion</p>			<p>MacMillian Coffee Morning</p> <p>Poppy Appeal</p> <p>Forest Schools</p> <p>Pensioners Lunch</p> <p>Good Shepherd</p>

	Lent/Easter Giving Death & new life Celebrating Jesus' death & resurrection			
Health and Wellbeing	Summer			
Physical health and Mental wellbeing: What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online. Growing and changing: Human reproduction and birth; increasing independence; managing transition. Keeping safe: Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media.	Pentecost Serving Witness The Holy Spirit enables people to become witnesses Reconciliation Inter-relating Healing Sacrament of the Sick Universal Church World Common good Work of the worldwide Christian family			