

St Osmund's PSHE Curriculum Map 2022/2023			Health and Wellbeing			
			Living In The Wider World			
			Relationships			
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Mental wellbeing: Taking care of mental health and emotional wellbeing; Managing challenges; Seeking support for themselves and others	Puberty & reproduction: Menstrual wellbeing; Managing the changes of puberty; Developing independence; How a baby is made	The importance of respect at St Osmund's Showing respect to others; rules and laws; working as a team	Relationships and identities: Exploring British values, diversity and make up of different family units; loving relationships	Keeping safe: Drugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws	Careers: Career types; challenging career stereotypes; goal setting; exploring ideas about future careers
Baseline / Endpoint Assessment	What is mental health?	What's the point of puberty?	How are people different?	What is respect and how can I show it?	What are the effects of substances?	How can I be enterprising?
Year 6	Mental health and wellbeing: Physical and mental wellbeing; the importance of sleep and managing a routine.	Puberty & reproduction: Body changes for boys and girls; understanding our bodies and changes in feelings. <i>Student Voice Puberty Survey</i>	Respect and bullying: Understanding what is bullying; mediating and managing problems between friends; bullying online / cyberbullying.	Online safety: How data is shared and used online; evaluating reliability of sources; misinformation and targeted information; age-appropriate TV, games and online content.	Relationships and identities: Exploring British values, diversity and make up of different family units; loving relationships	Personal safety: Exploring a range of issues around personal safety including coping with peer pressure; basic road safety; water safety
Baseline / Endpoint Assessment	What do I know about health?	What do I know about puberty?	What is bullying?	How can I keep myself safe online?	What is respect and how can I show it?	What are the risks to my personal safety at home and about?
Year 7	Healthy lifestyles: Attitudes to mental health; mental health and emotional wellbeing; mental health and digital resilience.	Puberty and Healthy Relationships: Healthy and positive relationships, including intimate relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent	Respecting Differences: Prejudice and stereotypes; difference and diversity in families; family and gender roles.	Economic Wellbeing – The Value of Money: Understanding how to look after money; use of debit, credit and store cards; digital wallets; how to use a bank account and online banking.	Substances: Social norms regarding drugs, alcohol and tobacco; myths and misconceptions; Influence and risks relating to substance use.	Economic Wellbeing and Careers: Identifying values and aligning actions; career choices; target setting and aspirations.
Baseline / Endpoint Assessment	Managing my health	How does it feel?	What is mutual respect?	How can I protect my money?	How are substances harmful?	What is work?
Year 8	Mental health and wellbeing: Physical and mental wellbeing; mental health and social media; dealing with change	Friendships and Managing Influences: Managing social influence, peer pressure and peer approval; Strategies to manage pressure to conform within a group and in relation to substance use.	Diversity, Identity and Heritage: Diversity and discrimination; diversity and migration; identity and heritage.	Relationships: rights and responsibilities Rights and responsibilities within a relationship; responsibilities in school and as part of the wider community.	Sexual Health: Healthy relationships and responsibilities; starting relationships; sexual consent; contraception.	Transition: Dealing with change; understanding pressures in society (Countylines); personal goals and aspirations moving into year 9.
Baseline / Endpoint Assessment	How do I feel inside?	How can I resist pressure?	Where do we come from and why are we different?	What rights and responsibilities do I have?	Sexual relationships – what is appropriate?	Skills for Transition