



Becoming Citizens: Long Term Curriculum Map for PSHE and RSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Being Me in My World Self-identity Understanding feelings	Celebrating Difference Identifying talents Being special Families	Dreams and Goals Challenges Perseverance Goal-setting Overcoming obstacles	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
Reception	Being in a classroom Being gentle Rights and responsibilities	Where we live Making friends Standing up for yourself	Seeking help Jobs Achieving goals			
Year One	Being Me in My World Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Celebrating Difference Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Dreams and Goals Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Healthy Me Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Relationships Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself	Changing Me Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition

					Celebrating special relationships	
Year Two	Being Me in My World Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Celebrating Difference Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Dreams and Goals Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Healthy Me Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Changing Me Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition

Rationale:

- At Ghost Hill we follow the Jigsaw Scheme of work for PSHE and RSE
- This scheme has been carefully mapped to the statutory requirements set by the Department of Education relating to Relationship, Sex and Health Education
- The scheme engages children through characters and different 'puzzle pieces'.
- The scheme is based on units which children revisit each year – this supports spaced learning principles and helps children to know more and remember more of the curriculum
- The units covered support children to become better citizens in their world. They also link well the School values 'Try Hard, Be Brave, Be You' and the school rules 'Ready, Respectful, Safe'
- The scheme and plans support children to understand fundamental British Values and how this relates to them in their world

Headteacher: Mrs Emily Howley (BA Hons, MA, NPQH)

Tel: 01603 860334 **Email:** office@ghosthill.set.education **Website:** www.ghosthill.norfolk.sch.uk

Ghost Hill Infant and Nursery School is proud to be part of the Sapientia Education Trust. Website: <https://www.se-trust.org/>

