



The intent of our PSHRE Curriculum at Mayfield

**Our high-quality PSHRE education at Mayfield aims to provide all learners with the knowledge and skills to keep themselves happy, healthy and safe, as well as to prepare them for life and work. PSHRE at Mayfield aims to give children the knowledge, skills and understanding they need to lead confident, healthy and independent lives.**

The aims for implementation of our curriculum for PSHRE at Mayfield

Navigating our complex world can be challenging, and parents and teachers play an essential role in preparing children for the future.

As such, PSHRE aims to ensure that all pupils:

- develop the personal and social skills required to succeed in the future;
- develop resilience, independence and responsibility;
- become well-rounded citizens with important knowledge of the wider world that will help prepare them for adult life;
- are equipped with an understanding of the world we live in and how they can stay safe;
- are provided with vital information to live a healthy life.

Each of the 3 PSHRE Core Themes will be focused upon throughout the year:

- Relationships
- Living in the Wider World
- Health and Wellbeing



# PSHRE Long Term Plan / Curriculum Map (includes TWINKL Life units of work)

	HT1	HT2	HT3	HT4	HT5	HT6
<b>Year 1</b>	What makes me a good team member? <small>(TEAMS)</small>	How can we think positively? <small>(THINK POSITIVE)</small>	What makes me special? <small>(BE YOURSELF)</small>	What makes us proud to be British? <small>(DIVERSE BRITAIN)</small>	How can I look after myself? <small>(IT'S MY BODY)</small>	How can I aim high in the future? <small>(AIMING HIGH)</small>
	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W
<b>Year 2</b>	Who is special to me? <small>(VIP'S)</small>	How can I keep myself safe? <small>(SAFETY FIRST)</small>	How can I keep myself safe online? <small>(DIGITAL WELLBEING)</small>	Why does money matter? <small>(MONEY MATTERS)</small>	What's the same and different about my country and others? <small>(ONE WORLD)</small>	How do we change as we grow? <small>(GROWING UP)</small>
	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W
<b>Year 3</b>	Why are teams important? <small>(TEAMS)</small>	How can I manage my emotions? <small>(THINK POSITIVE)</small>	What are the benefits of living in a diverse society? <small>(DIVERSE BRITAIN)</small>	What makes me strong? <small>(BE YOURSELF)</small>	What helps me look after my body? <small>(IT'S MY BODY)</small>	What are my goals and aspirations? <small>(AIMING HIGH)</small>
	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W
<b>Year 4</b>	What is a healthy friendship? <small>(VIP'S)</small>	How can I manage my own risks? <small>(SAFETY FIRST)</small>	Why do I need to think carefully when I'm online? <small>(DIGITAL WELLBEING)</small>	Why do we need to choose carefully how we spend our money? <small>(MONEY MATTERS)</small>	What changes happen as I grow up? <small>(GROWING UP)</small>	How are people's life experiences and opportunities different around the world? <small>(ONE WORLD)</small>
	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W
<b>Year 5</b>	What are the qualities of an effective team? <small>(TEAMS)</small>	How can I develop a positive attitude and growth mindset? <small>(THINK POSITIVE)</small>	What makes a good citizen in a diverse society? <small>(DIVERSE BRITAIN)</small>	How can I be my best self in any situation? <small>(BE YOURSELF)</small>	How do my personal choices effect my health? <small>(IT'S MY BODY)</small>	What skills do I need to help me succeed? <small>(AIMING HIGH)</small>
	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W
<b>Year 6</b>	How can we take care of our important relationships? <small>(VIP'S)</small>	How can I make safer choices and avoid peer pressure? <small>(SAFETY FIRST)</small>	How can I be a good global citizen? <small>(ONE WORLD)</small>	Why is it important to look after my digital well-being? <small>(DIGITAL WELLBEING)</small>	Why is it important to spend money wisely? <small>(MONEY MATTERS)</small>	How do our bodies change and how can we develop a positive body image? <small>(GROWING UP)</small>
	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W	R   LWW   H&W

**Key** Main focus    **R** - Relationships    **LWW** - Living in the Wider World    **H&W** - Health and Wellbeing