The Nightingale Federation Curriculum Map for PSHE/RSE

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Transitions Developing friendships with other children Classroom rules and routines Discussing feelings	Gaining confidence within the setting and with peers Discussing and noticing differences, such as skin colour, types of hair, gender, special needs and disabilities Safely exploring emotions through play and stories Recognising feelings	Selecting and using activities and resources Asking for help when needed Achieving goals Become more outgoing with unfamiliar people Gaining confidence in new social situations	Following rules Talking to solve conflicts Understanding how others might be feeling Developing sense of community Feel string enough to express a range of emotions	Playing in a group Making up ideas for games Managing feelings and talking about emotions Understanding how others might be feeling Learning how to be assertive Beginning to find solutions to quarrels and rivalries	Following rules without an adult reminding me Transition to Reception Getting school ready
Reception	Transitions Who is in our class? Discussion on feelings Classroom rules and routines	Making friendships Dreams and goals Dealing with anger and emotions Develop confidence to try new things Explaining to others how they thought about a problem or emotion and how they dealt with it	Going for goals Good to be me feelings Celebrating differences Becoming independent NSPCC Pants	School values How to deal with different feelings in the classroom What makes a good friend? Looking after our planet	Working in groups independently Looking after others Friendships Dreams and goals Show resilience and perseverance in the face of challenge Confidently sharing ideas in class School values	Change and transition to Year 1 Taking part in Sports Day – winning and losing Look how far I've come!

	Autumn			Spring			Summer		
	Relationships			Living in the Wider World			Health and Wellbeing		
	Families and Friendships	Safe Relationships	Respecting Ourselves and Others	Belonging to a Community	Media Literacy and Digital Resilience	Money and Work	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
Year 1 (Year 1/2 A)	Roles of different people Families Feeling cared for	Recognising privacy Staying safe Seeking permission	How behaviour affects others Being polite and respectful	What rules are Caring for others' needs Looking after the environment	Using the internet and digital devices Communicating online	Strengths and interests Jobs in the community	Keeping healthy Food and exercise Hygiene routines Sun safety	Recognising what makes them unique and special Feelings Managing when things go wrong	How rules and age restrictions help us Keeping safe online
Year 2 (Year 1/2 B)	Making friends Feeling lonely and getting help	Managing secrets Resisting pressure and getting help Recognising hurtful behaviour	Recognising things in common and differences Playing and working cooperatively Sharing opinions	Belonging to a group Roles and responsibilities Being the same and different in the community	The internet in everyday life Online content and information	What money is Needs and wants Looking after money	Why sleep is important Medicines and keeping healthy Keeping teeth healthy Managing feelings and asking for help	Growing older Naming body parts Moving class or year	Safety in different environments Risk and safety at home Emergencies
Year 3 (Year 3/4 A)	What makes a family Features of family life	Personal boundaries Safely responding to others The impact of hurtful behaviour	Recognising respectful behaviour The importance of self-respect Courtesy and being polite	The values of rules and laws Rights, freedoms and responsibilities	How the internet is used Assessing information online	Different jobs and skills Job stereotypes Setting personal goals	Health choices and habits What affects feelings Expressing feelings	Personal strengths and achievements Managing and reframing setbacks	Risk and hazards Safety in the local environment and unfamiliar places

Year 4 (Year 3/4 B)	Positive friendships, including online	Responding to hurtful behaviour Managing confidentiality Recognising risks online	Respecting differences and similarities Discussing difference sensitively	What makes a community? Shared responsibilities	How data us shared and used	Making decisions about money Using and keeping money safe	Maintaining a balanced lifestyle Oral hygiene and dental care	Physical and emotional changes in puberty External genitals Personal hygiene routines Support with puberty	Medicines and household products Drugs common to everyday life
Year 5 (Year 5/6 B)	Managing friendships and peer influence	Physical contact Feeling safe	Responding respectfully to a wide range of people Recognising prejudice and discrimination	Protecting the environment Compassion towards others	How information online is targeted Different media types: their role and impact	Identifying job interests and aspirations What influences career choices? Workplace stereotypes	Healthy sleep habits Sun safety Medicines, vaccinations, immunisations and allergies	Personal identity Recognising individuality and different qualities Mental wellbeing	Keeping safe in different situations, including responding in emergencies and first aid
Year 6 (Year 5/6 A)	Attraction to others Romantic relationships Civil partnerships and marriage	Recognising and managing pressure Consent in different situations	Expressing opinions and respect other points of view, including discussing topical issues	Valuing diversity Challenging discrimination and stereotypes	Evaluating media sources Sharing things online	Influences and attitudes to money Money and financial risk	What affects mental health and ways to take care of it Managing change, loss and bereavement Managing time online	Human reproduction and birth Increasing independence Managing transition	Keeping personal information safe Regulations and choices Drug use and the law Drug use and the media