



# Concept Map-PSHE



## Being Me in My World

### In Year 3 we will learn...

The choices I make have consequences.  
I have rights, roles and responsibilities as a member of class.

### In Year 4 we will learn...

What democracy means and how we demonstrate democracy in school.  
What is empathy.

### In Year 5 we will learn...

How my choices can affect other people.  
Ways to work well with others.

### In Year 6 we will learn...

What is identity and how it can be affected by different factors.  
To identify personal strengths and areas for

## Celebrating Difference

### In Year 3 we will learn...

All families are different.  
How my words can affect other people.

### In Year 4 we will learn...

How I am special and unique.  
What assumptions are and how people can be affected by them.

### In Year 5 we will learn...

What is racism.  
Different types of bullying behaviours.

### In Year 6 we will learn...

Different perceptions of what people think normal is.  
Different types of bullying.

## Dreams and Goals

### In Year 3 we will learn...

Why having dreams and ambitions is important.  
How to face new challenges.

### In Year 4 we will learn...

How to manage feelings of disappointment.  
How it might help to think positively and reflect on experiences.

### In Year 5 we will learn...

About a range of jobs and what is a salary.  
Different ways to support and encourage other people.

### In Year 6 we will learn...

How to accept praise from others.  
How to motivate myself.

## Healthy Me

### In Year 3 we will learn...

How to keep myself safe.  
How to call emergency services.

### In Year 4 we will learn...

What is peer pressure and strategies to resist.  
The effect of smoking on my health.

### In Year 5 we will learn...

How to place a casualty in the recovery position.  
How body image may be influenced by social media.

### In Year 6 we will learn...

What it means to be emotionally well.  
Why some people join gangs and the risks involved.

## Relationships

### In Year 3 we will learn...

Strategies to keep myself safe online.  
How to express appreciation to family and friends.

### In Year 4 we will learn...

What is jealousy and how it can affect a relationship.  
Feelings about people we no longer see.

### In Year 5 we will learn...

Positive and negative consequences of online communities.  
How to stay safe when using technology.

### In Year 6 we will learn...

Ways to judge whether someone online is safe and helpful for me.  
The importance of taking care of my mental health.



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**Changing Me**

## In Year 3 we will learn...

What puberty means.  
What happens to our body during puberty.

## In Year 4 we will learn...

We inherit different characteristics from each parent.  
To label the internal and external parts of my body that are necessary to make a baby.

## In Year 5 we will learn...

The meaning of self-esteem and how my body image fits into that.  
Why certain activities have age restrictions.

## In Year 6 we will learn...

Why positive self-esteem is important and how to develop it.  
How to develop positive relationships whilst maintaining my own identity.

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