

THE INDEPENDENT GRAMMAR SCHOOL: DURHAM

PSHE Curriculum Map - Lower School (Years 1-4)

Year Group	Health and Wellbeing	Relationships	Living in the Wider World	RSE (Statutory)
Year 1	What keeps me healthy; Feelings and emotions; Hygiene and self-care; Keeping safe; Basic first aid	Belonging to a family; Making friends; Kindness and respect; Managing conflict; Different families	Rules and expectations; Looking after our school and environment; Money: recognising coins; Celebrating difference; Jobs people do	Parts of the body; Respecting my body; Personal space; Families and caring; Growing and changing
Year 2	Healthy lifestyle; Feelings and emotions; Hygiene routines; Safety in different situations; Basic first aid	Building friendships; Listening and responding; Cooperation; Bullying and how to get help; Families and people who care for me	Rules and laws; Communities; Money: needs and wants; Looking after the environment; Jobs in the community	Growing and changing; Personal boundaries; Families and people who care for me; Safe and unsafe secrets; Respecting others
Year 3	Physical health and exercise; Healthy eating; Mental wellbeing; Keeping safe online; First aid	Friendship skills; Respect and empathy; Managing conflict; Bullying; Families and relationships	Rights and responsibilities; Democracy and having a say; Money: saving and spending; Communities and diversity; Media and digital literacy	Bodies and boundaries; Respect and consent; Families and relationships; Stereotypes; Privacy and safety
Year 4	Physical health and sleep; Healthy diet and choices; Mental health and emotions; Internet safety; Basic first aid	Building respectful relationships; Communication and listening; Managing conflict; Bullying and online bullying; Family roles and responsibilities	Rules, rights and responsibilities; Money: budgeting; Work and careers; Environmental responsibility; Media influence and advertising	Puberty and body changes; Respectful relationships; Personal boundaries; Reproduction (basic); Online safety

Curriculum Intent

- Empower pupils to lead healthy, respectful and purposeful lives
- Develop knowledge, skills and character across five key areas
- Meet statutory Relationships Education/RSE and Health Education requirements in an age-appropriate way

Document Owner: PSHE Lead

Implementation

- Delivered through the school curriculum, PSHE lessons and assemblies
- Topics are age-appropriate, sequenced and revisited over time
- Opportunities for discussion, reflection and real-world application
- Links to wider school life, enrichment, visits and external partners
- Inclusive and ambitious, tailored to meet student needs

Review Cycle: Annual

Impact

- Pupils understand and value themselves and others
- Pupils know how to stay safe and healthy
- Pupils are prepared for life in modern Britain
- Pupils are equipped to make informed choices

Date: _____