

Bowes PSHE

Long Term Subject Map



PSHE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	The BIG 3 + ME Being -Being me -Being calm -Being ready -Being happy	The BIG 3 + ME Being -Being patient -Being safe -Being by myself -Being heard	The BIG 3 + ME Doing -Knowing Myself -Building Trust -Acting Brave -Following rules	The BIG 3 + ME Doing -Helping myself -Healthy choices -Understanding others -Thinking Big	The BIG 3 + ME Caring - Caring for myself - Caring for others - Caring and Sharing - Caring for my friends	The BIG 3 + ME Caring - Caring for my friends - Caring about making up - Caring about difference - Caring about my class - Caring about nature
Reception	The BIG 3 + ME Being -Being me -Being calm -Being ready -Being happy	The BIG 3 + ME Being -Being patient -Being safe -Being by myself -Being heard	The BIG 3 + ME Doing -Knowing Myself -Building Trust -Acting Brave -Following rules	The BIG 3 + ME Doing -Helping myself -Healthy choices -Understanding others -Thinking Big	The BIG 3 + ME Caring - Caring for myself - Caring for others - Caring and Sharing - Caring for my friends	The BIG 3 + ME Caring - Caring for my friends - Caring about making up - Caring about difference - Caring about my class - Caring about nature

Year 1	Being Me What makes 'me' me? <i>Peace</i>	Celebrating difference What makes us special? <i>Truth</i>	Digital Me How can I keep safe? <i>Responsibility</i>	Healthy Me Who helps us? <i>Responsibility</i>	The World & Me What is my place in the world? <i>Community</i>	Changing Me Why do my feelings change? <i>Love</i>
Year 2	Being Me How can I be a good friend? <i>Peace</i>	Celebrating difference What is the same and different about us? <i>Truth</i>	Digital Me How can I keep safe in different places? <i>Responsibility</i>	Healthy Me How can I stay healthy? <i>Responsibility</i>	The World & Me What is my place in the world? <i>Community</i>	Changing Me Are boys and girls the same? <i>Love</i>
Year 3	Being Me How can I resolve problems? <i>Peace</i>	Celebrating difference What is diversity? <i>Truth</i>	Digital Me What is an online relationship? <i>Responsibility</i>	Healthy Me How do I keep my mind and body healthy? <i>Responsibility</i>	The World & Me What is my place in the world? <i>Community</i>	Changing Me What is personal space? <i>Love</i>
Year 4	Being Me How do I manage conflict? <i>Peace</i>	Celebrating difference What are stereotypes? <i>Truth</i>	Digital Me How do I communicate safely online? <i>Responsibility</i>	Healthy Me Why do I need to keep my mind and body healthy? <i>Responsibility</i>	The World & Me What is my place in the world? <i>Community</i>	Changing Me How does my body change? <i>Love</i>
Year 5	Being Me What makes a respectful relationship? <i>Peace</i>	Celebrating difference What does discrimination mean? <i>Truth</i>	Digital Me What is a digital footprint? <i>Responsibility</i>	Healthy Me What choices help my health? <i>Responsibility</i>	The World & Me What is my place in the world? <i>Community</i>	Changing Me Why does my body change? <i>Love</i>
Year 6	Being Me What makes a happy and healthy relationship? <i>Peace</i>	Celebrating difference What are human rights? <i>Truth</i>	Digital Me Can I trust everything that I see online? <i>Responsibility</i>	Healthy Me How do I manage my health? <i>Responsibility</i>	The World & Me What is my place in the world? <i>Community</i>	Changing Me Why am I changing? <i>Love</i>