

PSHCE Curriculum Map



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Relationships						Relationships					
	Sex, Relationships, Consent and Conflict						Valuing difference, prejudice and discrimination					
Spring	Health and Wellbeing						Health and Wellbeing					
	Taking responsibility for your own health and managing peer influence						Emotional wellbeing and body image					
Summer	Living in the Wider World						Living in the Wider World					
	Economic Wellbeing and Careers						Retrieval Unit - British Democracy International Development Participation					

All PSHE sessions are focused around the 'Five Ways to Wellbeing' endorsed by NHS and MIND. Each unit has opportunities for the following:

1. To connect with other people
2. To be physically active
3. To take notice and be more mindful
4. To keep Learning
5. To give to others

A Careers thread will also run throughout the year delivered through PSHCE in addition to being embedded within curriculum subjects.