



KOINONIA FEDERATION – ALL THROUGH SUBJECT MAP

SUBJECT - PSHE

CURRICULUM INTENT: - PSHE education in the Koinonia Federation is a subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain and equip them to make a positive contribution to society.

Please
what
are,
students at all key stages will study in your subject.

identify
the key
themes /
concepts
that all

These will obviously get progressively more challenging in terms of content / expectations as the years progress and different language might be used to describe them however, they should still be able to fit under a blanket heading.

Please allocate a colour to each of these themes so that it is clear how they are revisited and built upon throughout the curriculum. Please add or remove as appropriate

Families and Relationships	Health and Wellbeing (including SRE)	Living in the Wider World
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	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Nursery – KEY THEMES / CONCEPTS	Respecting self and others Families and Friendships	Respecting self and others Families and Friendships Belonging to a community	Living in the wider world	Health and Wellbeing Keeping Safe	Respecting self and others Families and Friendships Belonging to a community	Growing and Changing
Nursery – KEY CONTENT	Likes & dislikes Taking turns Golden rules Identifying feelings	Skills & talents Making friendships Celebrating different communities	Resilience & determination Setting goals Encouraging others When I grow up, I want to be...	Staying active Eating well Personal hygiene Personal safety – stranger danger	My family Being a good friend Kind words & sharing Celebrating communities	How I have changed Moving to Reception Celebrating Nursery
RECEPTION - KEY THEMES / CONCEPTS	Respecting self and others Families and Friendships	Respecting self and others Families and Friendships Belonging to a community	Living in the wider world Physical Health and Mental Wellbeing	Health and Wellbeing Keeping Safe	Respecting self and others Families and Friendships Belonging to a community	Growing and Changing
RECEPTION - KEY CONTENT	Likes & dislikes Taking turns Golden rules Emotions	Skills & talents Managing friendships Different communities	Resilience & determination Setting goals When I grow up, I want to be... Positive attitudes Managing feelings	Staying active Eating well Personal hygiene Personal safety – stranger danger	My Family Being a good friend Kind words & sharing Celebrating different communities	Our amazing bodies Life at different ages Change & transition Celebrating Reception
YEAR 1 - KEY THEMES / CONCEPTS	Families and friendships Respecting ourselves and others	Safe relationships	Belonging to a community Money and work	Media literacy and digital resilience Keeping safe	Physical health and mental wellbeing	Growing and changing
YEAR 1 - KEY CONTENT	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	What rules are; caring for others' needs;	Using the internet and digital devices; communicating online	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special;



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	How behaviour affects others; being polite and respectful		looking after the environment Strengths and interests; jobs in the community	How rules and age restrictions help us; keeping safe online		feelings; managing when things go wrong
YEAR 2 - KEY THEMES / CONCEPTS	Families and friendships Respecting ourselves and others	Safe relationships	Belonging to a community	Media literacy and digital resilience Money and work	physical health and mental wellbeing	Growing and changing Keeping safe
YEAR 2 - KEY CONTENT	Making friends; feeling lonely and getting help Recognising things in common and differences; playing and working cooperatively; sharing of opinions	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	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 - KEY THEMES / CONCEPTS	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 3 - KEY CONTENT	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 value of rules and laws; rights, freedoms and responsibilities	Different jobs and skills; job stereotypes; setting personal goals How the internet is used; Assessing information online	Health choices and habits; what affects feelings; expressing feelings oral hygiene and dental care	Personal strengths and achievements; managing and re-framing setbacks Risks and hazards; safety in the local environment and unfamiliar places



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YEAR 4 - KEY THEMES / CONCEPTS	Families and friendships	Belonging to a Community	Safe relationships Respecting ourselves and others	Media literacy and digital resilience Money and work	Physical health and mental wellbeing Keeping safe	Growing and changing
YEAR 4 - KEY CONTENT	Positive friendships, including online	What makes a community; shared responsibilities	Responding to hurtful behaviour; managing confidentiality; Recognising risks online Respecting differences and similarities; discussing difference sensitively	How data is shared and used Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; how tobacco / vaping can effect health Medicines and household products; drugs common to everyday life	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty
YEAR 5 - KEY THEMES / CONCEPTS	Media literacy and digital resilience Money and work	Families and friendships Respecting ourselves and others	Safe relationships	Belonging to a community	Physical health and mental wellbeing	Growing and changing Keeping safe
YEAR 5 - KEY CONTENT	How information online is targeted; different media types, their role and impact identifying job interests and aspirations; what influences career choices; workplace stereotypes	Managing friendships and peer influence Responding respectfully to a wide range of people; recognising prejudice and discrimination	Physical contact and feeling safe	Protecting the environment; compassion towards others	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies; alcohol	Personal identity; recognising individuality and different qualities; mental wellbeing Keeping safe in different situations, including responding in emergencies; first aid



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YEAR 6 - KEY THEMES / CONCEPTS	Belonging to a community	Safe relationships Respecting ourselves and others	Media literacy and digital resilience Money and work	Families and friendships	Physical health and mental wellbeing	Growing and changing Keeping Safe
YEAR 6 - KEY CONTENT	Valuing diversity; challenging discrimination and stereotypes Money and work History of money	Recognising and managing pressure; consent in different situations Expressing opinions and respecting other points of view, including discussing topical issues	Evaluating media sources; sharing things online Influences and attitudes to money; money and financial risks Finances; needs and wants	Attraction to others; romantic relationships; civil partnership and marriage	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 Money and work A visit to Bank of England; exploring the practical world of finances
YEAR 7 - KEY THEMES / CONCEPTS	Relationships	Living in the Wider World	Health and Wellbeing	Health and Wellbeing / SRE	Living in the Wider World	Health and wellbeing Living in the Wider World
YEAR 7 - KEY CONTENT	Positive Relationships	Citizenship	Mental Health awareness EDI- exploring disability Not all disabilities can be seen	Sex and consent	Economic Wellbeing	Safe behaviour



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YEAR 8 - KEY THEMES / CONCEPTS	Relationships / Health and wellbeing	Living in the Wider World	Health and wellbeing / SRE	Health and wellbeing / SRE	Living in the Wider World	Health and Wellbeing
YEAR 8 - KEY CONTENT	Gender and Sexuality	Citizenship	Social Media EDI- keeping safe online	Contraception and safe sex. Accessing Health services EDI- issues of race and health	Careers and Prospects	Mental Health
YEAR 9 - KEY THEMES / CONCEPTS	Living in the Wider World	Living in the Wider World	Health and wellbeing	Health and Wellbeing/ SRE	Health and Wellbeing	Living in the Wider World
YEAR 9 - KEY CONTENT	Careers	Careers – GCSE options focus	Good mental health and wellbeing EDI what does good mental health look like?	Sex and Hygiene	Drugs, vaping, smoking	Justice and Diversity
YEAR 10 - KEY THEMES / CONCEPTS	Health and Wellbeing	Living in the Wider World Relationships	Health and Wellbeing	Living in the Wider World	Relationships	Relationships Health and Wellbeing Living in the Wider World
YEAR 10 - KEY CONTENT	Managing mental health and wellbeing	Online and media – positive relationships	Getting help with physical health	Careers / pathways EDI- aspire to be what you want	Appropriate behaviour	Violence and extremism
YEAR 11 - KEY THEMES / CONCEPTS	Living in the Wider World	Health and Wellbeing / Relationships	Living in the Wider World	Living in the Wider World		
YEAR 11 - KEY CONTENT	Choices and pathways – post 16	Families – including sexual health and fertility	Financial education EDI Gender/ethnic pay gap	Careers and enterprise education EDI- representation in industry		



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YEAR 12 - KEY THEMES / CONCEPTS	Healthy Lifestyles	Mental Health & Wellbeing	Drugs, Alcohol & Tobacco	Financial Awareness	Professional Writing	UCAS
YEAR 12 - KEY CONTENT	Body health and nutrition	Emotional intelligence	Health risks for; alcohol, drugs, smoking and vaping	Savings and saving accounts. Borrowing and repayments. Payslips and Student Finance.		Exploring UCAS choices
YEAR 13 - KEY THEMES / CONCEPTS	UCAS	UCAS	Financial Awareness	Professional Writing	Exam Prep	N/A
YEAR 13 - KEY CONTENT	Preparing personal statement	Completing personal statement/UCAS application	Savings and saving accounts. Borrowing and repayments. Payslips and Student Finance.		Revision for upcoming exams	N/A