



CATHCART STREET PRIMARY SCHOOL

PSHE & RSE MAP

2025-2026

	Autumn Keeping Safe		Spring Healthy Relationships and Growing Up		Summer Living in the Wider World	
	Mental health and wellbeing: Dojos – Big Ideas					
	Online Safety/Digital Citizenship					
	Half Termly Themes	Ready Respectful Safe: Setting Classroom Rules	Drugs Education (Christopher Winters & Jigsaw)	Healthy Relationships: Friendships and families; Safe Relationships, RSE curriculum map	Changing Me (Jigsaw) RSE curriculum Map	Celebrating Differences (Jigsaw)
Being me (Jigsaw)		Healthy Me (Jigsaw)	Relationships (Jigsaw)		Expecting Respect	Money and Careers (Dreams/Goals/ Young Citizens)
					Out and about Safety	
Whole School Focus/Vision	Black History Month	Guy Fawkes Night	Children’s Mental Health Week		Water/Sun Safety	Transition
	Harvest	Anti-Bullying Week		Red Nose Day		Careers & Enterprise
	Autumn Keeping Safe		Spring Healthy Relationships and Growing Up		Summer Living in the Wider World	
FS	• Self-identity • Understanding feelings • Being in a classroom • Being gentle • Rights and responsibilities	• Exercising bodies • Physical activity • Healthy food • Sleep • Keeping clean • Safety	• Family life • Friendships • Breaking friendships • Falling out • Dealing with bullying • Being a good friend	• Bodies • Respecting my body • Growing up • Growth and change • Fun and fears • Celebrations	• Identifying talents • Being special • Families • Where we live • Making friends • Standing up for yourself	• People who help us in our community • Road Safety
Y1	• Feeling Special and Safe • My Class • Rights & Responsibilities • Rewards & Feeling Proud	• Staying Healthy • Medicines • Who Can Give Us Medicines? • Medicine Safety • Being Healthy • Clean & Healthy	• Families • Friendships & Feelings • Making Friends • Greetings • PANTS Rule • People Who Help Us	• Lifecycles • Changing Me • My Changing Body • My Brilliant Body	• The Same As.... • Different From.... • What is Bullying? • What Do I Do About Bullying? • Making New Friends • Celebrating Difference	• Exploring Our Community • My Treasure Chest of Success • Steps to goals • Achieving Goals • Learning with Others

	• Consequences • Owning our Learning	• Taking Care of Myself			• Friends, Secrets & People Who Help Us • Healthy Me	• Overcoming Obstacles • Celebrating My Success
Y2	• Hopes & Fears for the Year • Rights & Responsibilities • Rewards & Consequences • Our Learning Charter • Owning Our Learning Charter • We All Have Feelings	• Keeping Safe • Hazardous Substances • Safety Rules • Being Healthy • Being Relaxed • Healthy Eating	• Families • Families & Friends • Friends & Conflict • Keeping Safe • Exploring Physical Contact • Secrets • The PANTS Rule	• Lifecycles in Nature • Growing from Old to Young • The Changing Me • Naming Body Parts • Boys & Girls Bodies	• Boys & Girls (Gender Stereotypes) • Why does Bullying Happen? • Standing Up for Myself & Others • Making Friends • Gender \diversity • Celebrating Differences & Still Being Friends • Expect Respect • Road Safety	• Who Can Help? • Exploring Community • Caring For Our Community • Go Givers Playground • Goals to Success • My Learning Strengths • Learning with Others • A Group Challenge • Celebrating Our Achievement
Y3	• Getting to Know Each Other • Our Nightmare School • Our Dream School • Rewards & Consequences • Our Learning Charter • Owning Our Learning Charter	• Why People Smoke • Physical Effects of Smoking • Smoking & Society • Smoking – Healthy Me • Being Fit & Healthy • My Amazing Body	• Gender Stereotypes & Aspirations • What Makes A Good Friend? • Family Roles & Responsibilities • Being A Global Citizen • Is it Risky? • Keeping Safe Online	• Being Safe at Home • How Babies Grow • Babies • Outside Body Changes • NSPCC PANTS Rule	• Families • Family Conflict • Witness & Feelings • Words That Harm • Compliments • Resolving Conflict • Where to \get Help • Water Safety • Positive Communities	• Being Part of a Community • Citizens of The World • Dreams & Goals • My Dreams & Ambitions • New Challenges • Our New Challenge • Overcoming Obstacles • Celebrating Success
Y4	• Being Part of a Class Team • Being a School Citizen • Rewards, Rights & Responsibilities • Rewards & Consequences • Our Learning Charter • Owning Our Learning Charter	• Effects of Alcohol • Alcohol & Risk • Limits to Drinking Alcohol • Healthy Me – Alcohol • Celebrating My Inner Strength • Healthy Friendships • Group Dynamics • Body Care • Body Image	• Jealousy • Love & Loss • Memories • Friendships & Secrets • Getting On & Falling Out • Getting -On with Our Families	• Safe Online Relationships • Unique Me • Inside Body Changes • Girls & Puberty • My Personal & Private Parts	• Judging By Appearance • Understanding Influences • Understanding Bullying • Problem Solving • Special Me • How We Look • Examining Violence • Water Safety	• My Community • Community Centre • Homelessness • How Can I Make a Difference? • Hopes & Dreams • Overcoming Disappointment • Creating New dreams • Achieving Goals • We Did It!

Y5	• My Year Ahead • Being Me in Britain • Year 5 Responsibilities • Rewards & Consequences • Our Learning Charter • Owning Our Learning Charter	• Legal & Illegal Drugs • Attitude to Drugs • Peer Pressure • Smoking • Alcohol • Emergency Aid • Body Image • My Relationship with Food • Motivation & Behaviour	• Recognising Me • Online/Offline Friendships • Safety with Online Communities • People Intentions & Motivation • Skills for the Bystander	• Appearance Ideals • Banish Body Talk • Self & Body Image • Changes at Puberty • Puberty for Girls • Puberty for Boys	• Different Cultures • Racism • Rumour & Name Calling • Types of Bullying • Does Money matter? • Celebrating Differences Across the World	• Secrets & Stories • Railway Safety • Resisting Radicalisation
Y6	• My Year Ahead • Being a Global Citizen • The Learning Charter • Our Learning Charter • Owning Our Learning Charter	• Cannabis • VSA's & Getting Help • Help, Advice & Support • How substances affect the Body • Exploitation • Gangs	• Friendship & Peer Pressure • Keeping safe & Online Images • PANTS – 9-11 • Grassing or Grooming -Bystander Intervention • Asking for Help	• Be the Change • Confront Comparisons • Puberty (Girls & Boys) • Babies: Conception • Sexual Intercourse • Pregnancy & Birth	• Am I Normal? • Understanding Difference • Power Struggles • Why Bully? • Differences as Celebration • Differences as Conflict • The Courtroom Game	• Railway Safety • Skills to Resist Radicalisation