



Ready,  
Respectful,  
Safe

# CATHCART STREET PRIMARY SCHOOL

## PSHE & RSE MAP

### 2024-2025

	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  Being me (Jigsaw)	Drugs Education (Christopher Winters & Jigsaw)  Healthy Me (Jigsaw)	Healthy Relationships: Friendships and families; Safe Relationships, RSE curriculum map  Relationships (Jigsaw)	Changing Me (Jigsaw) RSE curriculum Map	Celebrating Differences (Jigsaw)  Expecting Respect  Out and about Safety	Being Part of a Community  Money and Careers (Dreams/Goals/ Young Citizens)
Whole School Focus/Vision	Black History Month  Harvest	Guy Fawkes Night  Anti-Bullying Week  Remembrance Day	Children’s Mental Health Week	Red Nose Day	Water/Sun Safety	Transition  Careers & Enterprise
	Autumn Keeping Safe		Spring Healthy Relationships and Growing Up		Summer Living in the Wider World	
FS	<ul style="list-style-type: none"> <li>• Self-identity</li> <li>• Understanding feelings</li> <li>• Being in a classroom</li> <li>• Being gentle</li> <li>• Rights and responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>• Exercising bodies</li> <li>• Physical activity</li> <li>• Healthy food</li> <li>• Sleep</li> <li>• Keeping clean</li> <li>• Safety</li> </ul>	<ul style="list-style-type: none"> <li>• Family life</li> <li>• Friendships</li> <li>• Breaking friendships</li> <li>• Falling out</li> <li>• Dealing with bullying</li> <li>• Being a good friend</li> </ul>	<ul style="list-style-type: none"> <li>• Bodies</li> <li>• Respecting my body</li> <li>• Growing up</li> <li>• Growth and change</li> <li>• Fun and fears</li> <li>• Celebrations</li> </ul>	<ul style="list-style-type: none"> <li>• Identifying talents</li> <li>• Being special</li> <li>• Families</li> <li>• Where we live</li> <li>• Making friends</li> <li>• Standing up for yourself</li> </ul>	<ul style="list-style-type: none"> <li>• People who help us in our community</li> <li>• Road Safety</li> </ul>
Y1	<ul style="list-style-type: none"> <li>• Feeling Special and Safe</li> <li>• My Class</li> <li>• Rights &amp; Responsibilities</li> <li>• Rewards &amp; Feeling Proud</li> </ul>	<ul style="list-style-type: none"> <li>• Staying Healthy</li> <li>• Medicines</li> <li>• Who Can Give Us Medicines?</li> <li>• Medicine Safety</li> <li>• Being Healthy</li> <li>• Clean &amp; Healthy</li> </ul>	<ul style="list-style-type: none"> <li>• Families</li> <li>• Friendships &amp; Feelings</li> <li>• Making Friends</li> <li>• Greetings</li> <li>• PANTS Rule</li> <li>• People Who Help Us</li> </ul>	<ul style="list-style-type: none"> <li>• Lifecycles</li> <li>• Changing Me</li> <li>• My Changing Body</li> <li>• My Brilliant Body</li> </ul>	<ul style="list-style-type: none"> <li>• The Same As....</li> <li>• Different From....</li> <li>• What is Bullying?</li> <li>• What Do I Do About Bullying?</li> <li>• Making New Friends</li> <li>• Celebrating Difference</li> </ul>	<ul style="list-style-type: none"> <li>• Exploring Our Community</li> <li>• My Treasure Chest of Success</li> <li>• Steps to goals</li> <li>• Achieving Goals</li> <li>• Learning With Others</li> </ul>

	<ul style="list-style-type: none"> <li>• Consequences</li> <li>• Owning our Learning</li> </ul>	<ul style="list-style-type: none"> <li>• Taking Care of Myself</li> </ul>			<ul style="list-style-type: none"> <li>• Friends, Secrets &amp; People Who Help Us</li> <li>• Healthy Me</li> </ul>	<ul style="list-style-type: none"> <li>• Overcoming Obstacles</li> <li>• Celebrating My Success</li> </ul>
<b>Y2</b>	<ul style="list-style-type: none"> <li>• Hopes &amp; Fears for the Year</li> <li>• Rights &amp; Responsibilities</li> <li>• Rewards &amp; Consequences</li> <li>• Our Learning Charter</li> <li>• Owning Our Learning Charter</li> <li>• We All Have Feelings</li> </ul>	<ul style="list-style-type: none"> <li>• Keeping Safe</li> <li>• Hazardous Substances</li> <li>• Safety Rules</li> <li>• Being Healthy</li> <li>• Being Relaxed</li> <li>• Healthy Eating</li> </ul>	<ul style="list-style-type: none"> <li>• Families</li> <li>• Families &amp; Friends</li> <li>• Friends &amp; Conflict</li> <li>• Keeping Safe</li> <li>• Exploring Physical Contact</li> <li>• Secrets</li> <li>• The PANTS Rule</li> </ul>	<ul style="list-style-type: none"> <li>• Lifecycles in Nature</li> <li>• Growing from Old to Young</li> <li>• The Changing Me</li> <li>• Naming Body Parts</li> <li>• Boys &amp; Girls Bodies</li> </ul>	<ul style="list-style-type: none"> <li>• Boys &amp; Girls (Gender Stereotypes)</li> <li>• Why does Bullying Happen?</li> <li>• Standing Up for Myself &amp; Others</li> <li>• Making Friends</li> <li>• Gender \diversity</li> <li>• Celebrating Differences &amp; Still Being Friends</li> <li>• Expect Respect</li> <li>• Road Safety</li> </ul>	<ul style="list-style-type: none"> <li>• Who Can Help?</li> <li>• Exploring Community</li> <li>• Caring For Our Community</li> <li>• Go Givers Playground</li> <li>• Goals to Success</li> <li>• My Learning Strengths</li> <li>• Learning With Others</li> <li>• A Group Challenge</li> <li>• Celebrating Our Achievement</li> </ul>
<b>Y3</b>	<ul style="list-style-type: none"> <li>• Getting to  Know Each Other</li> <li>• Our Nightmare School</li> <li>• Our Dream School</li> <li>• Rewards &amp; Consequences</li> <li>• Our Learning Charter</li> <li>• Owning Our Learning Charter</li> </ul>	<ul style="list-style-type: none"> <li>• Why People Smoke</li> <li>• Physical Effects of Smoking</li> <li>• Smoking &amp; Society</li> <li>• Smoking – Healthy Me</li> <li>• Being Fit &amp; Healthy</li> <li>• My Amazing Body</li> </ul>	<ul style="list-style-type: none"> <li>• Gender Stereotypes &amp; Aspirations</li> <li>• What Makes A Good Friend?</li> <li>• Family Roles &amp; Responsibilities</li> <li>• Being A Global Citizen</li> <li>• Is it Risky?</li> <li>• Keeping Safe Online</li> </ul>	<ul style="list-style-type: none"> <li>• Being Safe at Home</li> <li>• How Babies Grow</li> <li>• Babies</li> <li>• Outside Body Changes</li> <li>• NSPCC PANTS Rule</li> </ul>	<ul style="list-style-type: none"> <li>• Families</li> <li>• Family Conflict</li> <li>• Witness &amp; Feelings</li> <li>• Words That Harm</li> <li>• Compliments</li> <li>• Resolving Conflict</li> <li>• Where to \get Help</li> <li>• Water Safety</li> <li>• Positive Communities</li> </ul>	<ul style="list-style-type: none"> <li>• Being Part of a Community</li> <li>• Citizens of The World</li> <li>• Dreams &amp; Goals</li> <li>• My Dreams &amp; Ambitions</li> <li>• New Challenges</li> <li>• Our New Challenge</li> <li>• Overcoming Obstacles</li> <li>• Celebrating Success</li> </ul>
<b>Y4</b>	<ul style="list-style-type: none"> <li>• Being Part of a Class Team</li> <li>• Being a School Citizen</li> <li>• Rewards, Rights &amp; Responsibilities</li> <li>• Rewards &amp; Consequences</li> <li>• Our Learning Charter</li> <li>• Owning Our Learning Charter</li> </ul>	<ul style="list-style-type: none"> <li>• Effects of Alcohol</li> <li>• Alcohol &amp; Risk</li> <li>• Limits to Drinking Alcohol</li> <li>• Healthy Me – Alcohol</li> <li>• Celebrating My Inner Strength</li> <li>• Healthy Friendships</li> <li>• Group Dynamics</li> <li>• Body Care</li> <li>• Body Image</li> </ul>	<ul style="list-style-type: none"> <li>• Jealousy</li> <li>• Love &amp; Loss</li> <li>• Memories</li> <li>• Friendships &amp; Secrets</li> <li>• Getting On &amp; Falling Out</li> <li>• Getting -On with Our Families</li> </ul>	<ul style="list-style-type: none"> <li>• Safe Online Relationships</li> <li>• Unique Me</li> <li>• Inside Body Changes</li> <li>• Girls &amp; Puberty</li> <li>• My Personal &amp; Private Parts</li> </ul>	<ul style="list-style-type: none"> <li>• Judging By Appearance</li> <li>• Understanding Influences</li> <li>• Understanding Bullying</li> <li>• Problem Solving</li> <li>• Special Me</li> <li>• How We Look</li> <li>• Examining Violence</li> <li>• Water Safety</li> </ul>	<ul style="list-style-type: none"> <li>• My Community</li> <li>• Community Centre</li> <li>• Homelessness</li> <li>• How Can I Make a Difference?</li> <li>• Hopes &amp; Dreams</li> <li>• Overcoming Disappointment</li> <li>• Creating New dreams</li> <li>• Achieving Goals</li> <li>• We Did It!</li> </ul>

<p><b>Y5</b></p>	<ul style="list-style-type: none"> <li>• My Year Ahead</li> <li>• Being Me In Britain</li> <li>• Year 5 Responsibilities</li> <li>• Rewards &amp; Consequences</li> <li>• Our Learning Charter</li> <li>• Owning Our Learning Charter</li> </ul>	<ul style="list-style-type: none"> <li>• Legal &amp; Illegal Drugs</li> <li>• Attitude to Drugs</li> <li>• Peer Pressure</li> <li>• Smoking</li> <li>• Alcohol</li> <li>• Emergency Aid</li> <li>• Body Image</li> <li>• My Relationship with Food</li> <li>• Motivation &amp; Behaviour</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising Me</li> <li>• Online/Offline Friendships</li> <li>• Safety with Online Communities</li> <li>• People Intentions &amp; Motivation</li> <li>• Skills for the Bystander</li> </ul>	<ul style="list-style-type: none"> <li>• Appearance Ideals</li> <li>• Banish Body Talk</li> <li>• Self &amp; Body Image</li> <li>• Changes At Puberty</li> <li>• Puberty for Girls</li> <li>• Puberty for Boys</li> </ul>	<ul style="list-style-type: none"> <li>• Different Cultures</li> <li>• Racism</li> <li>• Rumour &amp; Name Calling</li> <li>• Types of Bullying</li> <li>• Does Money matter?</li> <li>• Celebrating Differences Across the World</li> </ul>	<ul style="list-style-type: none"> <li>• Secrets &amp; Stories</li> <li>• Railway Safety</li> <li>• Resisting Radicalisation</li> </ul>
<p><b>Y6</b></p>	<ul style="list-style-type: none"> <li>• My Year Ahead</li> <li>• Being a Global Citizen</li> <li>• The Learning Charter</li> <li>• Our Learning Charter</li> <li>• Owning Our Learning Charter</li> </ul>	<ul style="list-style-type: none"> <li>• Cannabis</li> <li>• VSA's &amp; Getting Help</li> <li>• Help, Advice &amp; Support</li> <li>• How substances affect the Body</li> <li>• Exploitation</li> <li>• Gangs</li> </ul>	<ul style="list-style-type: none"> <li>• Friendship &amp; Peer Pressure</li> <li>• Keeping safe &amp; Online Images</li> <li>• PANTS – 9-11</li> <li>• Grassing Or Grooming -Bystander Intervention</li> <li>• Asking For Help</li> </ul>	<ul style="list-style-type: none"> <li>• Be The Change</li> <li>• Confront Comparisons</li> <li>• Puberty (Girls &amp; Boys)</li> <li>• Babies: Conception</li> <li>• Sexual Intercourse</li> <li>• Pregnancy &amp; Birth</li> </ul>	<ul style="list-style-type: none"> <li>• Am I Normal?</li> <li>• Understanding Difference</li> <li>• Power Struggles</li> <li>• Why Bully?</li> <li>• Differences As Celebration</li> <li>• Differences As Conflict</li> <li>• The Courtroom Game</li> </ul>	<ul style="list-style-type: none"> <li>• Railway Safety</li> <li>• Skills to Resist Radicalisation</li> </ul>