

3D PSHE and Citizenship Curriculum Map

Core 1 Health and Wellbeing

	Unit 1 Healthy Lifestyles	Unit 2 Nutrition & Food	Unit 3 Hygiene, Growing and Changing	Unit 4 Emotions	Unit 5 Keeping Safe	Safe Zone (Wellbeing Online)
EYFS	<p>L11 I Feel Poorly</p> <p>L19 Busy Body</p>		<p>L3 I Like...</p> <p>L12 Clean and Tidy</p> <p>L21 Getting in a Knot</p>	<p>L1 Hide and Seek</p> <p>L2 Nan's House</p>		<p>Safe Zone L1 Happy Birthday Grandpa Joe</p> <p>L4 Yesterday's News</p> <p>Safe Zone L7 Time Flies for Grandpa Joe</p>
Year 1	<p>L2 Physical Activity 2 Mighty Muscles</p> <p>L3 Physical Activity 3 Get Physical!</p>	<p>L1 Healthy Eating 1 Vote Green!</p> <p>L2 Healthy Eating 2 Meat Eaters</p>	<p>L1 Dental Hygiene 1 Brushing Up!</p> <p>L2 Dental Hygiene 2 Bright White</p> <p>L5 Keeping Clean 2 Bath Time!</p> <p>L6 Similarities and Differences Boys V Girls</p> <p>L8 Changing Needs I Need...'</p>	<p>L2 Happiness Smile!</p> <p>L3 Anger Grrr!</p> <p>L4 Love Three Little Words</p>	<p>L1 Sun Safety It's a Cover Up!</p> <p>L2 Road Safety Green X Code</p>	<p>L2 Self Image and Identity</p> <p>L3 Managing Online Information</p> <p>L4 Privacy and Security</p>
Year 2	<p>L1 Physical Activity 1 Workout!</p> <p>L4 Sleep Nighty Night!</p> <p>L5 Keeping Healthy Give it a Boost</p>	<p>L3 Healthy Eating 3 What a Load of Junk!</p> <p>L4 Healthy Eating 4 Party Time!</p>	<p>L3 Dental Hygiene 3 Top Teeth</p> <p>L4 Keeping Clean 1 Meet Grub!</p> <p>L7 The Human Body Body Bits</p>	<p>L1 Emotions 1 Mood Swings</p> <p>L5 Sadness How To Cope</p> <p>L6 Consequences Good V Bad</p> <p>L7 Emotions 2 Difference Makers</p>	<p>L3 Drug Safety Magic Medicine</p> <p>L5 Fire Safety Escape Plan</p> <p>L6 Emergency Calls 999!</p>	<p>L1 Self Image and Identity</p> <p>L2 Online Relationships</p> <p>L3 Online Reputation</p> <p>L4 Online Bullying\</p> <p>L5 Managing online Information</p> <p>L7 Privacy and Security</p>

3D PSHE and Citizenship Curriculum Map

Core 1 Health and Wellbeing

<p>Year 3</p> <ul style="list-style-type: none"> L1 A Balanced Approach Define: Healthy L2 Physical Exercise Active Kids? L3 Lifestyle Choices It's Your Choice L4 Sleep Sweet Dreams 	<ul style="list-style-type: none"> L1 A Balanced Diet 1 Plant or Animal? L2 A Balanced Diet 2 Balancing Act 	<ul style="list-style-type: none"> L1 Before Puberty You've Grown L2 Keeping Clean Squeaky Clean 	<ul style="list-style-type: none"> L1 Loss/Separation 1 Lost! L2 Loss/Separation 2 Found! 	<ul style="list-style-type: none"> L1 Sun Safety Too Hot! L2 Beach Safety Follow the Flags L3 Health safety Aaachooo! 	<ul style="list-style-type: none"> L1 Self Image and Identity L2.1 Online Relationships L2.2 Online Bullying L3 Managing Online Information L4 Health, Wellbeing and Lifestyle L5 Privacy and Security
<p>Year 4</p> <ul style="list-style-type: none"> L5 Physical, Emotional and Mental 1 I Am Who I Am! L6 Physical, Emotional and Mental 2 Hearts and Minds 	<ul style="list-style-type: none"> L3 Working with Food 1 Master Chef L4 Working with Food 2 Picnic Preparations 	<ul style="list-style-type: none"> L3 Changing Bodies Everyone Changes L4 Menstrual Cycle Every Month 	<ul style="list-style-type: none"> L3 Loss/Separation 3 Left Behind L4 Feelings 1 Overreacting L5 Feelings 2 Left Out 	<ul style="list-style-type: none"> L4 First Aid Home Hospital L6 Drug Safety My Medicine 	<ul style="list-style-type: none"> L1 Online Relationships L1 Online Bullying L2 Health, Wellbeing and Lifestyle L3 Managing Online L4 Self image and Identity L6 Privacy and Security
<p>Year 5</p> <ul style="list-style-type: none"> L1 Healthy Lifestyles You Choose! L4 Healthy Minds 1 I Feel Happy! L6 Physical, Emotional and Mental 3-Dimensional 	<ul style="list-style-type: none"> L1 Food Choices 1 A Good Balance L2 Food Choices 2 Breakfast Club L3 Food Choices 3 A Healthy Relationship 		<ul style="list-style-type: none"> L1 Death and Grief 1 It's Natural L2 Death and Grief 2 Poppies 	<ul style="list-style-type: none"> L1 Fire Safety Fire Risk L2 Water Safety Water Wise L4 First Aid 1 Rapid Response L6 Drugs and Medicines Just Say No! L8 Alcohol Drink Aware 	<ul style="list-style-type: none"> L1 Privacy and Security L2 Self Image and Identity L3 Managing Online Information L4 Health, Wellbeing and Lifestyle L6 Online Relationships L6 Online Bullying

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Core 1 Health and Wellbeing

Year
6

L2 Physical Illness

Bleugh!

L3 Immunisation

One Sharp Scratch...

L5 Healthy Minds 2

Young Minds

L7 Sleep

The Bed Bank

L4 Cooking 1

Invention Team

L5 Cooking 2

Michelin Stars

L1 Changing Bodies

What's Puberty?

L2 Keeping Clean

Feeling Fresh

L3 The Menstrual Cycle

Fact or Fiction?

L3 Transport Safety

Tracks and Tarmac

L5 First Aid 2

First Aid Smart

L7 Tobacco and Vaping

Up in Smoke

L9 Substance Abuse

Let's Be Frank

L1 Online Reputation

L2 Online Relationships/ Bullying

L3 Self Image and Identity

L4 Health, Wellbeing and Lifestyle/Managing Online Information.

L5&6 Privacy and Security/Copyright and Ownership

3D PSHE and Citizenship Curriculum Map

Core 2: Relationships

	Unit 1: Communication	Unit 2: Bullying/ Collaboration	Unit 3: Respecting Self and Others	Unit 4: Healthy Relationships	Safe Zone (Online Safety and Awareness)
EYFS	<p>L1 Hide and Seek</p> <p>L17 I'm Stuck</p> <p>L18 A Piece of Cake</p>	<p>L13 Bully Boy</p> <p>L24 Playtime Games</p>	<p>L4 It's Your Turn</p> <p>L8 Me and You</p> <p>L16 All Join In</p>	<p>L2 Nan's House</p> <p>L7 An Old Friend</p> <p>L14 Family Fun</p> <p>L17 I'm Stuck</p>	<p>L2 Family Connection</p> <p>L3 What a Nuisance</p> <p>L4 Yesterday's News</p>
Year 1	<p>L1 Opinions I Think...!</p> <p>L2 Cooperation 1 Want to Play?</p>	<p>L1 Bullying The Ugly Duckling</p> <p>L3 Behaviour 1 In My Shoes</p> <p>L4 Kindness Give a Little</p>	<p>L1 Fair and Unfair It's Not Fair!</p>	<p>L1 Friendship 1 Friends Together</p> <p>L4 Family 1 My Family</p> <p>L5 Family 2 Special People</p> <p>L6 Staying Safe 1 Secret Surprise</p>	<p>L2 Self Image and Identity</p> <p>L3 Managing Online Information</p> <p>L4 Privacy and Security</p>
Year 2	<p>L3 Cooperation 2 Let's Debate</p> <p>L4 Good Manners How Rude!</p>	<p>L2 Teasing That's Mean!</p> <p>L5 Behaviour 2 Help Me!</p>	<p>L2 Comparisons All the Same</p> <p>L3 Right and Wrong In the Right</p>	<p>L2 Friendship 2 Hola! Bonjour!</p> <p>L3 Friendship 3 Share Alike</p> <p>L7 Staying Safe 2 I Don't Know You</p>	<p>L1 Self Image and Identity</p> <p>L2 Online Relationships</p> <p>L3 Online Reputation</p>
Year 3	<p>L1 Clear Messages Dot, Dot, Dash</p> <p>L2 Listening and Responding I Hear You</p>	<p>L1 Reactions Frustration!</p> <p>L2 Self-Worth I'm A Marvel!</p>	<p>L1 Connections Paper Chains</p> <p>L2 Family Links Family Tree</p> <p>L4 Religious Views 1 Faith Findings</p> <p>L6 Self Respect Let's R.O.C,K!</p>	<p>L1 Friendship 1 Best Features</p> <p>L2 Friendship 2 Circles Time</p> <p>L3 Friendship 3 Falling Out</p>	<p>L2 Online Relationships and Bullying</p> <p>L3 Managing Online Information</p> <p>L4 Health, wellbeing and Lifestyle</p>

3D PSHE and Citizenship Curriculum Map

Core 2: Relationships

<p>Year 4</p>	<p>L3 Expressing Opinions It's Debatable</p> <p>L4 Privacy The Secrets Jar</p>	<p>L3 Persistence and Resilience Don't Give Up</p> <p>L4 Negative Persistence Over and Over</p>	<p>L3 Family Changes Two Homes</p> <p>L5 Religious Views 2 Inside Outside</p> <p>L7 Gender Stereotyping His and Hers</p> <p>L8 Racial Discrimination Coming to England</p>	<p>L4 Friendship 4 The BAFAs</p> <p>L5 Boundaries Don't Push It</p> <p>L6 Trusting Strangers Safe Strangers</p>	<p>L1 Online Relationships and Bullying</p> <p>L3 Managing Online Information</p> <p>L4 Self Image and Identity</p> <p>L6 Privacy and Security</p>
<p>Year 5</p>	<p>L1 Confidentiality Secret Info</p> <p>L2 Listening 1 I'm All Ears!</p>	<p>L1 Teamwork 1 Scrabble</p> <p>L2 Teamwork 2 The Puzzler</p>	<p>L1 Race and Ethnicity 1 Unity Matters</p> <p>L3 Disabilities Equal Bodies</p> <p>L4 Culture 1 Cultural Feast</p>	<p>L1 Physical Contact Touch Sensitive</p> <p>L2 Support and Care Connections</p>	<p>L3 Managing Online Information</p> <p>L4 Health, wellbeing and Lifestyle</p> <p>L6 Online Relationships and Bullying</p>
<p>Year 6</p>	<p>L3 Listening 2 Agree to Disagree</p> <p>L4 Responding Scenarios</p>	<p>L3 Teamwork 3 The Boss</p>	<p>L2 Race and Ethnicity 2 Equal Voices</p> <p>L5 Gender Stereotypes Jobs 4 All</p> <p>L6 Culture 2 Our Support Network</p>	<p>L3 Marriage I Promise</p> <p>L4 Managing Conflict Families at War</p>	<p>L1 Online Reputation</p> <p>L2 Online Relationships/ Bullying</p> <p>L3 Self Image and Identity</p> <p>L4 Health, Wellbeing and Lifestyle/Managing Online Information.</p> <p>L5&6 Privacy and Security/Copyright and Ownership</p>

3D PSHE and Citizenship Curriculum Map

Relationships and Sex Education

Lesson 1 Forming Relationships

Changing Faces

Lesson 2 Sexual Relationships

Sexplanations

Lesson 3 Healthy Relationships

It Must Be Love

Recommended for Year 6, but can be taught later in Year 5.

Lesson 4 Unhealthy Relationships

Harry Smile

Lesson 5 Gender Issues/Relationships

Trans:Across

3D PSHE and Citizenship Curriculum Map

Citizenship

	Unit 1: Rules And Responsibilities	Unit 2: Aspirations	Unit 3: Money and Finance	Unit 4: Communities	Safe Zone Media Literacy	Unit 5 Climate Education (lessons coming soon...)
EYFS	<p>L5 What a Problem</p> <p>L9 Stick to the Rules</p>	<p>L6 Take the Plunge</p> <p>L10 Rainy Days</p> <p>L15 One Gold Star</p>		<p>L22 Eid Mubarak</p>	<p>L2 E-Safety, Be Safe</p> <p>Safe Zone Lesson 5 Great Grandpa Joe's Robin Surprise</p>	<p>L20 The New Pet</p> <p>L25 Litter Bug</p>
Year 1	<p>L3 Taking Turns It's Your Turn!</p> <p>L5 Sharing Share the Booty</p> <p>L6 Caring Talking to Plants</p>	<p>L1 Setting Goals When I Grow Up!</p>	<p>L1 Money 1 Grows on Trees?</p> <p>L2 Money 2 Coining it in!</p> <p>L3 Money 3 Keep it Safe</p>	<p>L1 Our School Common Goals</p> <p>L2 Belonging Join the Club</p>	<p>L1 Self-Image and Identity</p> <p>L3 Managing Information Online</p> <p>L4 Privacy and Security</p>	
Year 2	<p>L1 Rules and Expectations 1 Class Charter</p> <p>L2 Rules and Expectations 2 Who's at Fault?</p> <p>L4 Lending/Borrowing The Borrowers</p>	<p>L2 Aspirations It's a Goal</p>	<p>L4 Money 4 Shopping List</p> <p>L5 Choices This or That?</p> <p>L6 Enterprise Dragons' Den</p>	<p>L3 Local Citizenship 1 Our Local Area</p> <p>L4 Local Citizenship 2 Community Care</p>	<p>L1 Self-Image and Identity</p> <p>L2 Online Relationships</p> <p>L3 Online Reputation</p> <p>L4 Online Bullying</p> <p>L5 Managing Information Online</p> <p>L7 Privacy and Security</p>	

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Citizenship

**Year
3**

L1 Rules
I'm In Charge!

L2 Thinking Ahead
Lesson Planning

L3 Taking the Lead
Learning Time

L1 Identified Strengths 1
I'm Good at That

L2 Identified Strengths 2
Future Me

L1 Working Together 1
Name Game

L2 Working Together 2
Build it Up!

L3 Shared Goals
Better Places

L1 Self-Image and Identity
L2 Online Relationships
L3 Online Reputation/Managing Information Online
L4 Health, Wellbeing and Lifestyle
L5 Privacy and Security
L6 Copyright and Ownership

**Year
4**

L3 Setting Goals 1
That's My Goal!

L4 Setting Goals 2
The Impossible Dream

L1 Money Choices
A Million Dollars

L2 Spending
Ping!

L3 Managing Money 1
It's A Gamble

L4 Managing Money 2
Design Choices

L4 Different Communities
My Community

L5 School Communities
School Swap

L1 Online Relationships/Bullying
L3 Online Reputation/Managing Information Online
L4 Self-Image and Identity
L5 Copyright and Ownership
L6 Privacy and Security

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Citizenship

Year 3

L1 Rules

I'm In Charge!

L2 Thinking Ahead

Lesson Planning

L3 Taking the Lead

Learning Time

L1 Identified Strengths 1

I'm Good at That

L2 Identified Strengths 2

Future Me

L1 Working Together 1

Name Game

L2 Working Together 2

Build it Up!

L3 Shared Goals

Better Places

L1 Self-Image and Identity

L2 Online Relationships

L3 Online Reputation/Managing Information Online

L4 Health, Wellbeing and Lifestyle

L5 Privacy and Security

L6 Copyright and Ownership

Year 4

L1 Money Choices

A Million Dollars

L2 Spending

Ping!

L3 Managing Money 1

It's A Gamble

L4 Managing Money 2

Design Choices

L3 Setting Goals 1

That's My Goal!

L4 Setting Goals 2

The Impossible Dream

L4 Different Communities

My Community

L5 School Communities

School Swap

L1 Online Relationships/Bullying

L3 Online Reputation/Managing Information Online

L4 Self-Image and Identity

L5 Copyright and Ownership

L6 Privacy and Security

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Citizenship

<p>Year 5</p>	<p>L1 Structure Just Imagine...</p> <p>L2 Law and Order In Charge</p> <p>L3 U.N Rights Our Rights</p>	<p>L1 Identified Strengths 1 Big Dreams</p>	<p>L1 Budgeting Money Supermarket</p> <p>L4 Generating Income 1 Making Money</p> <p>L6 Online Spending 1 App Trapp!</p>	<p>L1 Diverse Communities Welcome!</p> <p>L2 Shared Goals It's All Go!</p>	<p>L1 Privacy and Security</p> <p>L2 Self Image and Identity</p> <p>L3 Online Reputation/Managing Information Online</p> <p>L5 Copyright and Ownership</p> <p>L6 Online Relationships and Bullying</p>
<p>Year 6</p>	<p>L2 Identified Strengths 2 Big Achievers</p> <p>L3 Setting Goals 1 Super Futures</p> <p>L4 Setting Goals 2 I Can Do That!</p>	<p>L2 Identified Strengths 2 Big Achievers</p> <p>L3 Setting Goals 1 Super Futures</p> <p>L4 Setting Goals 2 I Can Do That!</p>	<p>L2 Consumer Sense 1 Payment Terms</p> <p>L3 Consumer Sense 2 A Class Catalogue</p> <p>L5 Generating Income 2 Raising Money</p> <p>L7 Online Spending 2 'Appy Banking</p>	<p>L3 Community Event We're Cultured!</p> <p>L4 Disabilities Super Powers</p>	<p>L1 Online Reputation/Managing Information Online</p> <p>L2 Online Relationships and Bullying</p> <p>L4 Health, Wellbeing and Lifestyle/Managing information Online</p> <p>L5&6 Privacy and Security</p>