



St Barnabas CE Primary PSHE Curriculum Map 2025-26

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Pupil leadership	Ant-bullying week Remembrance	Safer Internet day			
YN	<p>NSPCC PANTS PANTS resources for schools and teachers NSPCC Learning</p> <p>My happy mind Meet your brain (3 lessons)</p>	<p>Remembrance</p> <p>Anti-bullying week – Kindness</p> <p>My happy mind Celebrate 3 lessons</p>	<p>My happy mind Appreciate 3 lessons</p> <p>Road Safety</p> <p>https://www.think.gov.uk/resource/crossing-roads/</p>	<p>My happy mind Relate 3 lessons</p>	<p>My happy mind Engage 3 lessons</p>	Jigsaw – Healthy Me
YR	<p>NSPCC PANTS PANTS resources for schools and teachers NSPCC Learning</p> <p>My happy mind</p>	<p>Remembrance</p> <p>No Outsiders You choose To say what I think</p> <p>Anti-bullying week – Kindness</p> <p>My happy mind Celebrate 3 lessons</p> <p>Road Safety</p>	<p>My happy mind Appreciate 3 lessons</p> <p>NO Outsiders Red Rockets To understand that it's ok to like different things</p> <p>Lesson Jigsaw - Celebrating Difference Piece 5 I can tell you how to be a kind friend</p>	<p>My happy mind Relate 3 lessons</p> <p>No Outsiders To make friends with someone different Blue Chameleon</p>	<p>My happy mind Engage 3 lessons</p> <p>No outsiders The family Book To understand that families are all different</p> <p>Lesson Jigsaw - Being me in my world - Piece 2 I can start to recognise and</p>	<p>No outsiders To celebrate my family mommy Mama and Me</p> <p>Lesson 1 Jigsaw – Healthy Me – Piece 4&5 I know how to help myself go to sleep and understand why sleep is good for me</p> <p>Lesson 2 Jigsaw – Healthy Me – Piece 6 I know what a stranger is and how to stay safe if a stranger engages me</p> <p>Lesson Water Safety RNLI lower primary youth education resources (age 3–7).</p>

	<p>Meet your brain 3 lessons</p> <p>Lesson Jigsaw - Celebrating Difference Piece 2 I understand that being different makes us all special</p>	<p>Lesson 1: Stepping stones to road safety – THINK! https://www.think.gov.uk/resource/crossing-roads/</p>	<p>First aid First Aid 1 - Calling for Help 999</p>	<p>Lesson Jigsaw - Celebrating Difference Piece 6 I know which words to use to stand up for myself when someone says or does something unkind</p>	<p>manage my feelings</p>	<p>Lesson Sun safety Free Resources (sunsafeschools.co.uk) Lesson 1 KS1 Lesson Plans.pdf To learn about the different types of clothes we wear for different weather conditions How to apply sunscreen and staying safe in the sun</p>
Y1	<p>Lesson 1 School Council and committees</p> <p>NSPCC Pants PANTS resources for schools and teachers NSPCC Learning</p> <p>First Aid 1 St John's Ambulance</p>	<p>Remembrance</p> <p>No Outsiders Elmer</p> <p>Anti Bullying week</p> <p>My happy mind Celebrate 4 lessons</p>	<p>My happy mind Appreciate 3 lessons</p> <p>No outsiders To play with boys and girls Ten Little Pirates</p> <p>Road Safety Lesson 2: Be bright, be seen – THINK! https://www.think.gov.uk/resource/crossing-roads/</p>	<p>My happy mind Relate 3 lessons No Outsiders My Grandpa To recognise that people are different ages</p> <p>Lesson Jigsaw - Celebrating Difference Piece 1 & 2 I can identify similarities</p>	<p>My happy mind Engage 4 lessons</p> <p>No outsiders Max The champion To understand that our bodies work in different ways</p>	<p>No outsiders My World your World To understand that we share the world with lots of things</p> <p>Lesson 2 Jigsaw – Changing Me Piece 1 I am starting to understand the life cycles of animals and humans</p> <p>Lesson 3 Jigsaw – Changing Me Piece 2 I can tell you some things about me that have changed and some things about me that have stayed the same I can tell you how my body has changed since I was a baby</p> <p>Lesson 4 Jigsaw – Changing Me Piece 5 I understand that every time I learn something new I change a little bit</p> <p>Lesson Water Safety RNLI water safety education resource: Water Safety Passport activity</p>

	<p>– calling for help</p> <ul style="list-style-type: none"> Assist in an emergency by correctly calling for help Know the information I need to give to emergency services if they are called to an incident <p>My happy mind Meet your brain 5 lessons</p>			<p>between people in my class</p> <p>I can identify differences between people in my class</p> <p>Lesson Jigsaw - Celebrating Difference Piece 5 I know how to make new friends</p> <p>Lesson Jigsaw - Being me in my world Piece 5 I can recognise the choices I make and understand the consequences</p>	<p>Lesson Sun Safety Free Resources (sunsafeschools.co.uk) Lesson 3 KS1_Lesson_Plans.pdf To learn how to interpret a UV index To appreciate that sunscreen provides protection against UV and that it should be applied before going out when the levels are high</p>
Y2	<p>Lesson 1 School Council and committees</p> <p>NSPCC Pants PANTS resources for schools and teachers </p>	<p>Remembrance</p> <p>No Outsiders Big book of families To understand what diversity is</p> <p>Anti Bullying week</p> <p>My happy mind Celebrate 4 lessons</p>	<p>My happy mind Appreciate 3 lessons</p> <p>No outsiders The first Slodge To understand how we share the world</p> <p>Road Safety Campaign 5 Lesson 5: Roads away from home – THINK!</p>	<p>My happy mind Relate 3 lessons</p> <p>No Outsiders The odd Egg To understand what makes someone feel proud</p> <p>My happy mind Engage 4 lessons</p> <p>No outsiders Just because To feel proud of being different</p> <p>Lesson 6 First Aid 2</p>	<p>No outsiders Blown Away To be able to work with everyone in my class</p> <p>Lesson 1 Jigsaw – Healthy Me Piece 1&2 I know what I need to keep my body healthy I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed</p> <p>Lesson 2 Jigsaw – Healthy Me Piece 4&some of 5 I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy</p>

<p>NSPCC Learning</p> <p>St John 's Ambulance – calling for help</p> <ul style="list-style-type: none"> • Understand it's most important to ensure the safety of myself and others in the event of an emergency • Assist in an emergency by correctly calling for help • Know the information I need to give to emergency services if they are 			<p>Lesson Jigsaw Celebrating Difference Piece 1&2 I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)</p> <p>Lesson Jigsaw Celebrating Difference Piece 5 I understand that it is OK to be different from other people and to be friends with them</p>	<p>St John 's Ambulance – Basic life support</p> <ul style="list-style-type: none"> • Conduct a primary survey • Place an unresponsive casualty, who is breathing normally, into the recovery position • Know when and how to deliver CPR to an unresponsive casualty who is not breathing normally • Seek medical help 	<p>Lesson 3 Jigsaw –Healthy Me Piece 6 I understand which foods to eat to give my body energy</p> <p>Lesson Water Safety RNLI water safety education resource: Real Life Rescue activity</p> <p>Lesson Sun safety lesson Free Resources (sunsafeschools.co.uk)</p> <p>Lesson 4 KS1 Lesson Plans.pdf To learn that the skin is the largest organ To understand how important it is to protect this organ To understand that it is up to them to make simple choices that will protect their skin against UV damage</p>
---	--	--	--	---	---

	<p>called to an incident</p> <p>KS2 Emergencies & Calling For Help Lesson Plan St John Ambulance (sia.org.uk)</p> <p>My happy mind</p> <p>Meet your brain 5 lessons</p>				<p>KS2 Basic Life Support Lesson Plan St John Ambulance (sia.org.uk)</p>	
Y3	<p>Lesson 1 School Council and committees</p> <p>NSPCC</p> <p>Pants</p> <p>PANTS resources for schools and teachers NSPCC Learning</p> <p>First Aid 1</p>	<p>Remembrance</p> <p>No Outsiders Oliver To understand how difference can affect someone</p> <p>Anti Bullying week</p> <p>My happy mind</p> <p>Celebrate 4 lessons</p>	<p>My happy mind</p> <p>Appreciate 4 lessons</p> <p>No outsiders This is my house To understand what discriminations means</p> <p>Road Safety</p> <p>1. Do you SLLT Lesson (think.gov.uk)</p>	<p>My happy mind</p> <p>Relate 4 lessons</p> <p>No outsiders</p> <p>Two Monsters To find a solution to a problem</p> <p>Lesson Jigsaw - Celebrating Difference</p>	<p>My happy mind</p> <p>Engage 4 lessons</p> <p>No outsiders</p> <p>Huey's in the new jumper Use Strategies to help someone who feels different</p> <p>Lesson 6 First Aid 2</p> <p>St John's Ambulance - Bites & Stings</p>	<p>No outsiders Beegu To be welcoming</p> <p>Lesson 1 Jigsaw Healthy Me Piece 1&2 I understand how exercise affects my body and know why my heart and lungs are such important organs I know that the amount of calories, fat and sugar I put into my body will affect my health</p> <p>Lesson 2 Jigsaw – Healthy Me Piece 4&5 I can identify things, people and places that I need to keep safe from</p> <p>I know some strategies for keeping myself safe, who to go to for help and how to call emergency services</p> <p>I can identify when something feels safe or unsafe</p> <p>Lesson 3 Jigsaw – Healthy Me Piece 6</p>

<p>St John's Ambulance – calling for help and head injuries</p> <p>Understand it's most important to ensure the safety of myself and others in the event of an emergency</p> <p>Assist in an emergency by correctly calling for help</p> <p>Know the information I need to give to emergency services if they are called to an incident</p> <p>Identify a minor or major head injury</p> <p>Give first aid to a casualty who has a head injury</p> <p>Call for help for a casualty</p>			<p>Piece 2 I understand that differences and conflicts sometimes happen among family members</p> <p>Lesson Jigsaw - Celebrating Difference</p> <p>Piece 5 I recognise that some words are used in hurtful ways</p> <p>Lesson Jigsaw - Celebrating Difference</p> <p>Piece 6 I can tell you about a time when my words affected someone's feelings and what the consequences were</p>	<ul style="list-style-type: none"> Identify when a casualty is having an allergic reaction to a bite or sting Provide first aid treatment for a casualty who has been bitten or stung Comfort and reassure a casualty who has been bitten or stung Seek medical help if required <p>KS2 Bites & Stings Lesson Plan St John Ambulance (sia.org.uk)</p>	<p>I understand how complex my body is and how important it is to take care of it</p> <p>Lesson Water Safety</p> <p>RNLI water safety education resource: RNLI Water Safety Passport 2 activity</p> <p>Lesson Sun safety lesson</p> <p>Free Resources (sunsafeschools.co.uk)</p> <p>KS2 Lesson Plans.pdf</p> <p>Lesson 1&2</p> <p>Learn that colour change from our natural skin colour is a sign of skin damage</p> <p>Learn that appropriate items and clothing can help protect damage caused by the sun</p> <p>To learn that the sun has beneficial and harmful effects on living things</p> <p>That sun exposure cause sunburn, skin and eye damage</p>
--	--	--	--	---	--

	<p>who has a head injury KS2 Emergencies & Calling For Help Lesson Plan St John Ambulance (sia.org.uk) KS2 Head Injuries Lesson Plan St John Ambulance (sia.org.uk)</p> <p>My happy mind Meet your brain 5 lessons</p>					
Y4	<p>Lesson 1 School Council and committees</p> <p>NSPCC Pants PANTS resources for schools and teachers NSPCC Learning</p>	<p>Remembrance</p> <p>No Outsiders Dogs don't do Ballet To know when to be assertive</p> <p>Anti-bullying week</p> <p>My happy mind Celebrate 4 lessons</p>	<p>My happy mind Appreciate 4 lessons No outsiders King and King To understand why people choose to get married</p> <p>Lesson 1 Road Safety Lesson 2: Take the lead – THINK!</p>	<p>My happy mind Relate 4 lessons</p> <p>No Outsiders Way Back Home overcome language as a barrier</p> <p>Lesson Jigsaw - Celebrating</p>	<p>My happy mind Engage 4 lessons</p> <p>No outsiders The Flower To ask questions</p> <p>Lesson 6 First Aid 2 St John's Ambulance – Asthma</p>	<p>No outsiders To be who you want to be Red crayon</p> <p>Lesson 1 Jigsaw – Healthy Me Piece 3 I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke</p> <p>Lesson 2 Jigsaw – Healthy Me Piece 4 I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol</p> <p>Lesson 3 Jigsaw – Healthy Me Piece 5&6 I can recognise when people are putting me under pressure and can explain ways to resist this when I want</p>

<p>First Aid 1 St John 's Ambulance – calling for help and head injuries</p> <p>Understand it's most important to ensure the safety of myself and others in the event of an emergency Assist in an emergency by correctly calling for help Know the information I need to give to emergency services if they are called to an incident Identify a minor or major head injury Give first aid to a casualty who has a head injury Call for help for a</p>			<p>Difference Piece 1 I understand that, sometimes, we make assumptions based on what people look like</p> <p>Lesson Jigsaw - Celebrating Difference Lesson 5 I can identify what is special about me and value the ways in which I am unique</p>	<p>Identify a casualty who is having an asthma attack Assess a casualty's condition calmly and give first aid to someone who is having difficulty breathing due to asthma Seek medical help, if required, for someone who is having an asthma attack KS2 Asthma Lesson Plan St John Ambulance (sja.org.uk)</p>	<p>I know myself well enough to have a clear picture of what I believe is right and wrong</p> <p>it is a special relationship for when I am older Lesson Water Safety RNLI water safety education resource: Cold Water Impact activity Lesson Sun safety lesson Free Resources (sunsafeschools.co.uk) KS2 Lesson Plans.pdf Lesson 3&6 Staying indoors or in the shade at certain time of the day/year can help to avoid skin and eye damage To be more shade aware and to establish where there is shade in the school playground for different points of the day Learn that staying in the shade is a way of reducing UV related health issues. To understand that the sun produces light and warmth but also UV radiation To understand that UV radiation can not be seen or felt To understand that UV radiation cause changes to skin colour, damage to eyes and other health issues.</p>
---	--	--	---	--	---

	<p>casualty who has a head injury</p> <p>KS2 Emergencies & Calling For Help Lesson Plan St John Ambulance (sja.org.uk)</p> <p>KS2 Head Injuries Lesson Plan St John Ambulance (sja.org.uk)</p> <p>My happy mind</p> <p>Meet your brain 5 lessons</p>					
Y5	<p>Lesson 1 School Council and committees</p> <p>NSPCC Pants PANTS resources for schools and teachers NSPCC Learning</p>	<p>No outsiders (Remembrance) To learn from our past Where the poppies grow</p> <p>Anti Bullying week</p> <p>My happy mind Celebrate 5 lessons</p>	<p>My happy mind Appreciate 2 lessons</p> <p>No Outsiders Rose Blanche To justify my actions</p> <p>Road Safety Campaign 4 4. Road ready lesson (think.gov.uk)</p> <p>Lesson Jigsaw - Celebrating Difference Piece 2 I understand what racism is</p>	<p>My happy mind Relate 4 lessons</p> <p>No outsiders How to Heal a broken wing To recognise when someone needs help</p> <p>Lesson 4 First Aid 2</p>	<p>My happy mind Engage 4 lessons</p> <p>No outsiders To appreciate artistic freedom The Artist who painted a blue horse</p> <p>First Aid 3 St John's Ambulance – Bleeding</p>	<p>No outsiders To accept people who are different from me And Tango makes three</p> <p>Lesson 1 Jigsaw – Healthy Me Piece 1&2 I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p> <p>Lesson 2 Jigsaw – Healthy Me Piece 4 I understand how the media, social media and celebrity culture promotes certain body types</p> <p>Lesson 3 Jigsaw – Healthy Me Piece 5 I can describe the different roles food can play in people's lives and can explain how people can develop eating</p>

	<p>First Aid St John's Ambulance – calling for help and head injuries</p> <p>Understand it's most important to ensure the safety of myself and others in the event of an emergency Assist in an emergency by correctly calling for help Know the information I need to give to emergency services if they are called to an incident Identify a minor or major head injury Give first aid to a casualty who has a head injury</p>		<p>Lesson Jigsaw – Celebrating Difference Piece 5 I can compare my life with people in the developing world</p>	<p>St John's Ambulance – Burns & Scalds</p> <p>Ensure the safety of themselves and others Calmly assess a casualty's condition Give some examples of types/causes of burns or scalds Recognise when a casualty has suffered a burn or scald Respond appropriately to a casualty who has been burnt or scalded Recognise and respond appropriately to a casualty who may be suffering from shock as the result of a burn or a scald</p>	<p>Ensure the safety of themselves and others. Assess a casualty's condition calmly and give first aid to a casualty who is bleeding I can give first aid to a casualty who is in shock. I can seek medical help if required for a casualty who is bleeding KS2 Bleeding Lesson Plan St John Ambulance (sja.org.uk)</p>	<p>problems (disorders) relating to body image pressures</p> <p>Lesson Water Safety RNLI water safety education resource: Fly The Flag Lesson Sun safety lesson Free Resources (sunsafeschools.co.uk) KS2 Lesson Plans.pdf Lesson 7&8 To learn that whilst UV is invisible its effects on the skin are damaging and possible life threatening Appreciate that damaging the skin can be avoided by following simple sun safe rules To understand that the Earth has a protective shield called the ozone layer which blocks most of the harmful rays from the sun</p>
--	--	--	---	--	---	--

	<p>Call for help for a casualty who has a head injury</p> <p>KS2 Emergencies & Calling For Help Lesson Plan St John Ambulance (sja.org.uk)</p> <p>KS2 Head Injuries Lesson Plan St John Ambulance (sja.org.uk)</p> <p>My happy mind</p> <p>Meet your brain 5 lessons</p>			<p>Seek medical help, if required</p> <p>KS2 Burns & Scalds Lesson Plan St John Ambulance (sja.org.uk)</p>		
Y6	<p>Lesson 1 School Council and committees</p> <p>Lesson 3 NSPCC Pants PANTS resources for schools and teachers </p>	<p>Remembrance</p> <p>No Outsiders To promote diversity My Princess Boy</p> <p>Anti Bullying week</p> <p>My happy mind Celebrate 3 lessons</p> <p>Road Safety 3 Campaign 5 5. Campaign spotlight lesson (think.gov.uk)</p>	<p>My happy mind Appreciate 2 lessons</p> <p>Lesson Jigsaw - Celebrating Difference Piece 1 I understand there are different perceptions about what normal means</p> <p>Lesson Jigsaw - Celebrating Difference Piece 5 I can give examples of people with disabilities who lead amazing lives</p> <p>No outsiders The Whisperer</p>	<p>My happy mind Relate 2 lessons</p> <p>First Aid St John's Ambulance - Choking</p> <p>Identify a casualty who is choking</p>	<p>My happy mind Engage 2 lessons</p> <p>First Aid St John's Ambulance - Allergies</p> <p>Explain what an allergic reaction is</p> <p>Give first aid to a casualty who is</p>	<p>No outsiders To recognise my freedom Dreams of Freedom</p> <p>My happy mind Transition unit 12 lessons</p> <p>Lesson 2 Jigsaw – Changing Me Piece 1 I am aware of my own self-image and how my body image fits into that</p> <p>Lesson 3 Jigsaw – Changing Me Piece 4a I Know myself well enough to maintain positive relationships with others whilst still keeping my own identity</p> <p>Lesson Water Safety both lessons</p>

<p>NSPCC Learning</p> <p>First Aid St John's Ambulance – calling for help and head injuries</p> <p>Understand it's most important to ensure the safety of myself and others in the event of an emergency Assist in an emergency by correctly calling for help Know the information I need to give to emergency services if they are called to an incident Identify a minor or major head injury Give first aid to a casualty who has a head injury</p>		<p>Stand up to discrimination</p> <p>Lesson Jigsaw - Celebrating Difference Piece 6 I can explain ways in which difference can be a source of conflict and a cause for celebration</p>	<p>Assess and give first aid to a casualty who is choking Seek medical help if required KS2 Choking Lesson Plan St John Ambulance (sja.org.uk)</p>	<p>having an allergic reaction Recognise when to call for help for a casualty who is having an allergic reaction KS2 Allergies Lesson Plan St John Ambulance (sja.org.uk)</p> <p>Lesson 1 Jigsaw – Healthy Me Piece 2 I know about different types of drugs and their uses and their effects on the body particularly the liver and heart</p> <p>Lesson 2 Jigsaw – Healthy Me Piece 3&4 I understand that some people can be exploited and made to do things that are against the law I know why some people join gangs and the risks this involves</p> <p>Lesson 3 Jigsaw – Healthy Me Piece 5&6 I understand what it means to</p>	<p>RNLI water safety education resource: Cold Water Impact activity</p> <p>RNLI water safety education resource: The Day I Fell In activity</p> <p>Lesson Sun safety lesson</p> <p>Free Resources (sunsafeschools.co.uk) https://www.sunsafeschools.co.uk/profile/download?resource=10</p> <p>Solar energy, UV light and the benefits and dangers of the sun The skin's structure and how the sun's harmful rays can damage our skin and eyes How we should protect our skin and eyes from UV exposure and prevent skin cancer</p>
--	--	---	--	--	--

<p>Call for help for a casualty who has a head injury</p> <p>KS2 Emergencies & Calling For Help Lesson Plan St John Ambulance (sia.org.uk)</p> <p>KS2 Head Injuries Lesson Plan St John Ambulance (sia.org.uk)</p> <p>My happy mind</p> <p>Meet your brain 5 lessons</p>				<p>be emotionally well and can explore people's attitudes towards mental health/illness</p> <p>I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse</p>
--	--	--	--	--

