



FORSBROOK PRIMARY SCHOOL

PSHE

CURRICULUM MAP



At Forsbrook, we believe PSHE is a fundamental aspect of the curriculum that equips children with skills and knowledge to live healthily, safely and responsibly. It offers advice on how to deal with difficult situations appropriately and effectively whilst remaining safe and secure.

By educating children to stay HEARTSMART and MINDKIND, it prepares them physically, emotionally, socially, mentally and intellectually for the future. It emboldens children to develop full as individuals, build resilience and confidence as well as establishing healthy relationships.



Don't forget to let love in!

Learning how important, valued and loved we are.



Too much selfie isn't healthy!

Exploring the importance of others and how to love them well.



Don't rub it in, rub it out!

Understanding how to process negative emotion and choose forgiveness to restore relationships.



Fake is a mistake!

Unpacking how to bravely communicate truth and be proud of who we are.



'No way through', isn't true!

Knowing there is a way through every situation no matter how impossible it may seem.

EYFS	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Get HEARTSMART	Boris' Beginnings Boris the Robot story- which voice should he listen to?	Build-a-Boris Make a robot from junk	Boris Shapes Make a robot from 2D shapes	Happy and you know it Song to demonstrate different emotions	Boris face dough Different emotions using play dough	Boris' Handing Hearts Hear rewards for children who are caught being kind	Heart Hunt Looking for hidden hearts
Don't Forget to Let Love In	VIP Crowns Design and make a crown	Mirror, mirror Describe self in mirror and draw self-portrait	I am special because I am... Game to encourage children to think about why they are special	I am special song Children to suggest reasons they are special	Fingerprint tree Looking at uniqueness of fingerprints	Who am I? Children to find different objects they like	All about me ball Circle time to tell the other children about yourself
Too Much Selfie Isn't Healthy	Boris' story Who loves and cares for Boris? Who do you love and care for?	My House Who lives in your house?	I love to... Discussion about who you love and what you love to do together	Friendship web Circle time to use kind/encouraging words about one another	A friend in need Game about looking out for and helping friends in need	Bird Feeders How can we love the wildlife in our garden?	Thank you for helping me Thanking members of the school community for their help
Don't Rub It In, Rub It Out	Super Friends Discussing what makes a super friend	Sharing Island Game Game to encourage sharing and cooperation	Robots and Mechanics Listening to instructions and cooperating with one another	I am a kind friend Helping children find simple ways to be kind to each other	Grumpy Frog Story Exploring saying sorry through story	Emoji emotions Encouraging children to describe how they are feeling using emojis	Listen to me Game to encourage children to listen to one another
Fake Is A Mistake	Boris and the Scrapman's lies Children to differentiate between lies and truth	Cheer up Boris! Write or draw a postcard for Boris using kind and encouraging words	Sorting words Sorting words in kind and unkind	The Truth according to Arthur story Talking about the important of telling the truth	Animal Game- thankful to be me Pretending to be something else is fun but being me is better	Thankful Walk Walk around school to spot things children are thankful for	Thankful Heart Circle time to think about what the children are thankful for
Get MINDKIND 'No Way Through' Isn't True	I can challenge Series of challenges for children to practise and complete	With my...I can... Describing different things the children can do with their amazing body	Stuck! Circle time to consider what to do when the children are stuck	We're Going on a Bear Hunt Interactive retelling of the story	Road Blocks Moving cars around the mat by adhering to the road signs	Cup stack challenge Challenge to see how many cups the children can stack before they collapse	Nuts and Bolts Challenge the children to match the correct nuts to the correct bolts

YEAR 1	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Get HEARTSMART	Introduction	Power How we can use our power in positive and negative ways	Feelings Bingo Understanding our emotions	What goes in, must come out - Worms! What we put in our hearts is what comes out	Guess Who? Who we are grateful for in our class and why	Money, Money, Money How people get money	Reflection
Don't Forget to Let Love In		Love Map Identifying special people and how they show us love	Truth or Lies Differentiating between truths and lies about us	Would you Rather? Game of preference	Thankful Tree Listing things we are grateful for	Looking After Me Ways to take care of ourselves everyday	
Too Much Selfie Isn't Healthy		Who's Missing? Developing an awareness of our surroundings and the people around us	The Smartest Giant in Town How can we help others? How have others helped us?	Who Looks After Me? Who looks after us? How can we show them our appreciation?	Teamwork - Monsters University Working as a team to reach an end goal	Helping Boris Discussing simple rules to help keep us safe online	
Don't Rub It In, Rub It Out		Goldilocks and Baby Bear Thinking about the motive behind our behaviour, how our behaviour affects others and how to make amends	Forgiveness Fizz Discussion around how forgiveness can help hard situations disappear	Chalk faces Different ways we can handle negative emotions effectively	Disappointed Robots Exploring different ways to Handle disappointment	Builders and Wreckers How the words we use can build others up or knock them down	
Fake Is A Mistake		The Best Me Being yourself is the best you, you can be	Don't Hide What's Inside! Don't hide your true thoughts and feelings	Mask Making Thinking about who we can trust to talk to when we are sad or mad	Telephone Whispers How small lies can have a big impact	Energy Detectives Looking for signs of energy and thinking about ways to conserve it	
Get MINDKIND 'No Way Through' Isn't True		Mission Possible Learning from our experiences and trying again	Tummy Talk Trusting our instincts. Good secrets v bad secrets	Seeds of Potential There is potential in all of us	Hearts that Dream Creating Dream boards to capture our hopes and dreams	Love a lot, Miss a lot Circle time and activity around people, animals and things we have lost	

YEAR 2	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Get HEARTSMART	Introduction	Power Plus Describing how we can use our power in positive and negative ways	Heart Decisions Considering the reputations we would like to have	Bright Hearts What is in our hearts, is played out in our words and actions	Happy Snappy Looking for things we are grateful for	Marshmallow Test Learning that there is a choice in spending and saving	Reflection
Don't Forget to Let Love In		I am cubes Recognising and celebrating our strengths and ways in which we are all unique	Trash or Truth Learning to differentiate between the truths and lies that we hear or speak about ourselves	Meaning of my Name Writing an acrostic poem for your name by selecting words that describe you	Boundin Discussion around how being thankful for what we have, changes our attitude	Heartbeat- Noting the difference in our heart rate after physical activity. Loving ourselves means looking after ourselves	
Too Much Selfie Isn't Healthy		Spot the Difference Be aware of surroundings and the people around you by noticing differences	Secret Kindness Agents Looking for opportunities to do something kind for others	Everyday Heroes Thinking about people who look after us in our community	We all Fit Together Looking at how are we the same and how we are different	HeartSmart on the Playground, HeartSmart Online Rules for keeping safe online	
Don't Rub It In, Rub It Out		That's what Friends are for (Shrek) Saying sorry and offering forgiveness between friends	Balloon Spoons Demonstrating how holding onto unforgiveness can make us feel	Let the Ouch Out Reflecting on helpful ways to deal with hurt	Traffic Lights Ways to handle negative emotion	Crumpled Hearts Demonstrating the consequences of teasing or bullying	
Fake Is A Mistake		Grains of Sand There never has and never will be another one of me	The Truth about Me Not all the thoughts we have about ourselves are true	Real is a Big Deal (pt 1) Discussing how different emotions feel	Liar, Liar Candles on Fire How lies have a habit of coming back	HeartSmart Rules Constructing HeartSmart rules for the classroom	
Get MINDKIND 'No Way Through' Isn't True		Road signs Finding alternative solutions to problems	Ways to Say Looking at seemingly impossible situations in different ways	Rainbows from Rain Overcoming challenges and difficulties	Get Back Up Importance of getting back up and trying again	'The Heart and the Bottle' Unpacking a story dealing with grief	

YEAR 3	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Get HEARTSMART	Introduction	Batteries Looking at ways we can be positive (kind) and negative (unkind) to one another	Inside Out Recalling memories and associating a feeling with them	Guard your Heart Thinking about things we need to guard our hearts from	Growing attitude Listing things we are grateful for and why	Need vs Want Considering and prioritising needs and wants	Reflection
Don't Forget to Let Love In		Wear it with pride Learning to accept the encouragement given to us by others	Love is... Considering what love is and what it isn't	Moana Comparing 'Te Fiti' before and after she 'let love in'	My squad Listing the people in our lives we are grateful for	Love yourself Making good choices to keep our hearts healthy	
Too Much Selfie Isn't Healthy		Flip your phone How can you be #unselfie and doing something kind for others?	What's your emergency? How to respond in an emergency	Elizabeth Everest Honouring others for their kindness	No man is an island Working together, listening to one another and respecting other's views	Padlocked Privacy Discussing why it is important to keep personal information private	
Don't Rub It In, Rub It Out		Magic water Demonstrating the effects of saying sorry	Play it out Considering different ways to respond to scenarios	Balloon blast Demonstrating the benefits of letting go of hurt	Marble Jar Discussion around how trust is built and betrayed	Who am I? Recognising and challenging stereotypes	
Fake Is A Mistake		Spot the Difference The real me is the best me	Shame Detectives Spotting shame and replacing it with truth	Real is a Big Deal (pt 2) Discussion around sharing your true feelings	Build on Truth Importance of truth to build strong friendships	Heart Glasses Looking for ways to improve the school environment	
Get MINDKIND 'No Way Through' Isn't True		Snakes and Ladders Thinking about progress (ladders) and setbacks (snakes)	Imagine a Bright Future Imagining 'What if...' in a positive way	David and Goliath Overcoming challenges and difficulties through the story	Dream Attitudes Developing the right attitudes to achieve our dreams	Embracing Change How to manage change well	

YEAR 4	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Get HEARTSMART	Introduction	Words have power Demonstrating consequences of the words we use about ourselves and others	Making sense Considering what each sense helps us to enjoy and understand including our 'heart sense'	Wily wolf Thinking about and discussing how we know who we can trust	Reap what you sow Suggesting ways we can grow a desired characteristic e.g. kindness	What is it worth? Beginning to develop the skills needed to become a critical consumer	Reflection
Don't Forget to Let Love In		Heart to heart Looking at ways we feel loved	Brilliant me ball Celebrating our strengths and achievements	One in a million Comparing measurements to determine our uniqueness	Don't agree with I don't like me Highlighting things about our bodies we are grateful for	Hands up! Creating a catchy rhyme/song or rap to remind others about the importance of hand washing	
Too Much Selfie Isn't Healthy		What's missing? Being aware of surroundings and people around you	Guess my feelings Suggesting how someone is feeling based on their facial expressions and body language	Unseen heroes Thinking about and thanking the unseen heroes of our local community	Teamwork makes the dream work! Recognising that we sometimes need help from others and working together to achieve a shared goal	True Smartphone Developing an awareness of ways to use mobile phones and tablets responsibly	
Don't Rub It In, Rub It Out		Saying sorry Discussing ways to fix broken friendships	Pass through the pain barrier Discussing what forgiveness is and the value of forgiving others	Good stress, bad stress Talking about different types of stress and ways to manage negative stress	First steps How to bounce back from mistakes	Dare to be different When dares are fun and when they are not. Thinking of ways to say no to dares	
Fake Is A Mistake		Human BEings not DOings Celebrating one another for who we are not what we do	Voice of Love Who speaks into our lives and are they using the voice of love?	Speak Truth Having the courage to tell the truth isn't always easy	Hearts Unstuck How feedback can help us come unstuck and grow	HeartSmart and the Law Considering how the UK laws fit into HeartSmart principles	
Get MINDKIND 'No Way Through' Isn't True		Endurance Expedition Thinking about the skills and attitudes needed to meet a challenge	Habits - Help or Hinder? Considering the habits we need to develop or change to reach our goals	Just Keep Swimming How to persevere and hold onto hope	Dreamers Dreaming of the future	Grieve Hard, Love Hard Dealing with grief and loss	

YEAR 5	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Get HEARTSMART	Introduction	Boss vs Leader Considering how powerful people lead others	Lion Heart Describing the heart reputation we would like	Watch What You Watch Watch Discussing how to know what we should and shouldn't watch	Letter of Thanks Writing letters of thanks to people who support and encourage us	Allocating Resources Recognising that resources can be allocated in different ways and these choices affect others	Reflection
Don't Forget to Let Love In		Gunner Making the connection between Gunner's story and Don't Forget to Let Love In!	Make the Right Voice Choice Considering the way the words we listen to about ourselves make us feel	Unexpected Treasure Discussing the different ways we attach value to things	My Story Recalling events of own life and significant people	Under Pressure Thinking about different sources of pressure, including from our friends, and ways we can respond	
Too Much Selfie Isn't Healthy		What About He/She? Considering the impact helping others has for them and us	Read My Lips Listening to what others say	Honour Thinking of people who deserve honour and suggesting ways to honour them	Great Groups to investigate the purpose and role of different groups (inc. pressure groups)	Be Aware What You Share Developing an awareness of what you should and shouldn't share online	
Don't Rub It In, Rub It Out		Different Perspective Developing simple strategies to resolve conflict	Nelson Mandela Describing what Nelson Mandela's life teaches us about forgiveness	Emotions don't drive! How to handle our emotions	I did not I am Discussing how we respond to our own mistakes	Bully Busting Recognise bullying in all its forms and thinking about strategies to deal with bullying	
Fake Is A Mistake		No Need to Hide What's Inside Exploring how shame can make us want to hide how we really feel	Time to Get Real How images we see online and in the media don't always represent reality	Soft Shells Knowing who we can trust to be vulnerable and open with	Hearts that Welcome Feedback How feedback can help us grow	Spot the Fake Considering how fake goods affect the UK	
Get MINDKIND 'No Way Through' Isn't True		Egg in Flask Demonstrating that 'No Way Through' isn't True!	Changing Attitudes How to change our attitudes to help us believe 'No Way Through' isn't True!	Hope Light Looking at the power of Hope and how it can keep us going	Pushing Limits Safely Risk versus danger. How can we safely go after our dreams?	Success isn't always what you see How the successes we achieve on the inside can often be greater than those seen on the outside	

YEAR 6	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Get HEARTSMART	Introduction	Powerful Poses Demonstrate that our body language can be used to help us feel more powerful	Stone Trainers Comparing our hearts to trainers - how do we keep our hearts soft but strong	Smart with You Heart Developing the knowledge and skills to make healthy choices	Gratitude Game Thinking of reasons to be thankful for a variety of objects/items	The Apprentice Beginning to develop an understanding of enterprise and enterprise skills	Reflection
Don't Forget to Let Love In		What are you worth? Working out what we are worth	People say I am Encouraging one another with kind and positive words and being able to accept the words spoken about us	Thumbs Up Recalling significant events and people in our lives so far	Gratitude jar Thinking of things we are grateful for each week	Now and Forever Investigating how commonly available substances can damage our immediate and future health	
Too Much Selfie Isn't Healthy		All the Same, All Different Demonstrating ways we are different and ways we are the same	Listen up! Practising being a good listener	You go before me Thinking of ways the generations before us have overcome challenges that we benefit from today	Growing together Considering way we can be a good friend and support one another	Social media - good or bad? Discussing the benefits and dangers of social media	
Don't Rub It In, Rub It Out		Work it Out Developing strategies to resolve conflict and disputes	Power of Forgiveness - Jimmy Mizen's parents Discussing how we benefit when we choose to forgive others	Way to Say Exploring how our tone and body language communicates more than our words	Bit by Bit Discussing how to build trust between friends	Deep Impact Considering the impact of bullying	
Fake Is A Mistake		This is Me! Being proud of who we are	HeartSmart Self-Talk Catching negative self-talk and replacing it with positive self-talk	Boundaries for Respect Learning how to use boundaries to establish respectful friendships	Disagree in Love Listening to one another share different points of view with the goal of understanding	We All Have Rights Looking at the UNCRC	
Get MINDKIND 'No Way Through' Isn't True		The Bridge to Yet Demonstrating that 'No Way Through' isn't True!	Self-awareness Thinking about how we are feeling, why we feel that way and what we need	Hearts Filled with Hope Looking at the power of Hope and how it can keep us going	Ordinary people, Extraordinary Hearts Thinking about people who inspire us because of who they are	Where the Magic Happens Learning to step out of our comfort zones	