

PSHE (Lifewise) Curriculum Map

(RSE elements not taught from Lifewise, this element is taught near the end of the academic year in every class in the same week using the Christopher Winter Project).

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lifewise Reception Programme	Planting Our Food x2 Cities, Towns, Land and Sea x2 Gentle Hands and Hearts x2	Taking Good Care of Myself x2 Being Curious x2 Managing Feelings x2	Sleep x 2 The Great Outdoors x2 Trusted Adults x2	Animals x2 Fire Safety x2 Water Safety x2	Follow My Lead x2 Making Mistakes x2 Road Safety x2	Sharing x2 Marching to the Beat of your Own Drum x 2 Technology x2

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Lifewise Year 1 Programme	Braving the Weather Road Safety Managing Anger	Emergency Services Being Happy First Aid/CPR	Being Mindful Communication A Problem Shared is a Problem Halved	Trust Respecting Others Safety Symbols	Food & What Not to Eat Water Safety My Body Belongs to Me	Getting Your Sleep Hygiene & Me Signalling & Sign Language
Lifewise Year 2 Programme	Forest Survival Happiness It's Okay Not to be Okay.	Feeling sad Dealing with Loss Personal Goal Setting	The Art of Failure Fight or Flight Relaxation	My Body is Growing Fire safety Medicines & Drugs	Desert Island Navigation Environment	Wildlife Protecting Our Planet Cyber Safety

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lifewise Year 3 Programme	Relationships with Others Helping Others to Get Help Growth Mindset Mindfulness	Self-image Anxiety Managing Anger Stress	Problem solving & Time Management Self-worth Personal Hygiene My Body, Your Body	Vaccinations & Disease Sun Safety Freedom to Choose	Trusting Others Exercise Democracy & Law	Culture & Liberty Screen Time Staying Safe Online
Lifewise Year 4 Programme	Respect Problem Solving & Resourcefulness Leadership	Impact of Bullying & Discrimination Keeping My Body Safe	A Balanced Diet Healthy Eating The Importance of Physical Activity	Where Does my Food Come From? Sleep Screen Time	Family Relationships Government & Rules Freedom in Beliefs	It's Okay Not to be Okay. The Art of Failure Relaxing to Re-Charge

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lifewise Year 5 Programme	Learning Resilience Teamwork Laws & Parliament	Dealing with Adversity Responsibility & Inspiration Body Language & Communication Being Responsible	Respecting Others – Boundaries & Beliefs My Body Changes The NHS	You Get Out What You Put into Life Communicating Effectively The Digital World	Supporting the Community Freedom of Speech and Movement Saving Money Borrowing Money	Junk food Nutritional values The human body Keeping My Body The Same
Lifewise Year 6 Programme	Tax Entrepreneurship Banks First Aid	Organisation of Life Pensions Power of Negotiation	From Learning to Working How to Write a CV Self-perception	The Government Law Lawmakers & Activists	Drugs, Alcohol & Smoking My Amazing Body Transition	Rights & Radicalisation Feeling Anxious Managing Anger