

Subject: PSHCE Curriculum map

Term / Week	1	2	3	4	5	6
Autumn 1 Get Heart Smart – Meet Boris	Heart Smart Lesson	Heart Smart Lesson	Heart Smart Lesson	Heart Smart Lesson	The Zones of Regulation	The Zones of Regulation
Autumn 2 Don't forget to let love in (I am special)	Heart Smart Lesson	Heart Smart Lesson	Heart Smart Lesson	Heart Smart Lesson	The Zones of Regulation	The Zones of Regulation
Spring 1 Too much selfie isn't healthy – (I love others)	Heart Smart Lesson	Heart Smart Lesson	Heart Smart Lesson	Heart Smart Lesson	The Zones of Regulation	The Zones of Regulation
Spring 2 Don't hold on to what's wrong – (I am a good friend)	Heart Smart Lesson	Heart Smart Lesson	Heart Smart Lesson	Heart Smart Lesson	The Zones of Regulation	The Zones of Regulation
Summer 1 Fake is a mistake – (I tell the truth)	Heart Smart Lesson 1	SRE lesson 1	SRE lesson 2	SRE lesson 3	The Zones of Regulation	The Zones of Regulation
Summer 2 No way through, isn't true – (I tell the truth)	Heart Smart Lesson 1	DE lesson 1	DE lesson 2	DE lesson 3	Zones / 4B's	Zones / 4B's

- An expectation of at least 4 PSHCE lessons per half term, if not more
- **Statutory** RSE and DE lessons taught in the summer term
- Following the Heart Smart guidance, choose the 4 most appropriate lessons for your class.
- Remaining lesson time can be used to cover our Zones of Regulation and the 4B's