Catherington Infant School PSHE & E-Safety Long Term Map

Class	Autumn 1 Me and My Relationships	Autumn 2 Valuing Difference	Spring 1 Keeping Safe	Spring 2 Rights and Respect	Summer 1 Being My Best	Summer 2 Growing and Changing
Year R	*What makes me special *People close to me *Getting help **E-safety: Self-image & identity Copyright & ownership**	*Similarities and difference *Celebrating difference *Showing kindness **E-safety: Online reputation Managing Online information**	*Keeping my body safe *Safe secrets and touches *People who help to keep us safe **E-safety: Online Relationships**	*Looking after things: friends, environment, money **E-safety: Online bullying**	*Keeping my body healthy – food, exercise, sleep *Growth Mindset **E-safety: Health, wellbeing & lifestyle**	*Cycles *Life stages *Girls and boys – similarities and difference **E-safety: Privacy & security**
Year 1	*Feelings *Getting help *Classroom rules *Special people *Being a good friend **E-safety: Self-image & identity Copyright & ownership**	*Recognising, valuing and celebrating difference *Developing respect and accepting others *Bullying and getting help **E-safety: Online reputation Managing Online information**	*How our feelings can keep us safe – including online safety *Safe and unsafe touches *Medicine Safety *Sleep **E-safety: Online Relationships**	*Taking care of things: *Myself *My money *My environment **E-safety: Online bullying**	*Growth Mindset *Healthy eating *Hygiene and health *Cooperation **E-safety: Health, wellbeing & lifestyle**	*Getting help *Becoming independent *My body parts *Taking care of self and others **E-safety: Privacy & security**
Year 2	*Bullying and teasing *Our school rules about bullying *Being a good friend *Feelings/self-regulation **E-safety: Self-image & identity Copyright & ownership**	*Being kind and helping others *Celebrating difference *People who help us *Listening Skills **E-safety: Online reputation Managing Online information**	*Safe and unsafe secrets *Appropriate touch *Medicine safety **E-safety: Online Relationships**	*Cooperation *Self-regulation *Online safety *Looking after money – saving and spending **E-safety: Online bullying**	*Growth Mindset *Looking after my body *Hygiene and health *Exercise and sleep **E-safety: Health, wellbeing & lifestyle**	*Life cycles *Dealing with loss *Being supportive *Growing and changing *Privacy **E-safety: Privacy & security**
		Anti-bullying week	*Safer internet day*	*Walk to school week*		