


Curriculum Overview 2022-2023 PSHE



Themes 	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationships Understand situations from another person's point of view. Different types of relationships -healthy and unhealthy relationships .Learning how to seek help and support if they feel uncomfortable in a relationship. Understand that no means no.	Being Responsible Identify what things they have learnt to do for themselves, what duties they are responsible for daily and how this will change as they grow. Learning- how they can help those around them and the importance of taking responsibility for their own actions. How they can set goals to improve their skills in an area of their choice. To show a growth mindset.	Feelings + Emotions Recognise and name a range of emotions and develop an understanding of their physical effects, distinguishing between those that feel pleasant and those that feel unpleasant or uncomfortable. Learning - a range of strategies for managing unpleasant/uncomfortable emotions and being able to apply these in real-world scenarios. Opportunity to explore mindfulness.	Computer Safety Understand the golden rules for staying safe online, how their online activity can affect others, and how to identify other positive and negative aspects of using technology. Learning- the potential outcomes for online bullying, sharing images, and making friends online with people who they do not know. Supporting network of helpful organisations.	Keeping/ Staying Healthy Learning- that food and exercise is needed for our body to be healthy and grow, and will be able to identify what types of food are positive choices. Practise personal routines. To understand the importance of positive mental health. Understand that some diseases are infectious, and that transmission may be reduced. Know, understand, and explore simple safety rules related to medicines/ drugs.	Keeping/ Staying Safe Learning rules for and practising simple ways of keeping safe and finding help and help maintain their personal safety now and in the future. Staying safe with your families in and outside the home. Know people who can help us and know when and how to ask for help.	Our World Understand how and why we look after living things. Looking after our world and working in our world. Understanding the difference between earning and charity.
Whole School + Key Dates	- Buddy Class Swap`	- Buddy Class Swap - Friendship Week - Mental Health Day (10 th October)	- Buddy Class Swap - E-Safety Week - Children's Mental Health Awareness Week (7-13 th February) - School Council (Reception)	- Buddy Class Swap	- Buddy Class Swap - Sun Safety Week - Mental Health Awareness Week	- Buddy Class Swap - Transition
Caterpillars	Practise Makes Perfect Separate from main carer Become familiar with new adults Repeated Routines - children begin to understand and co-operate Personal Independence (toileting, drink, snack etc) Being Responsible Begins to care for materials Will join in with play	Happy, Sad, Cross Identify when they are feeling happy /sad/ cross Show me happy/ sad/ cross Express feelings appropriately Aware that actions have consequences Responds to feelings of others Friendships How do we feel today? Who are our friends?	Introduction to technology Not to touch switches without permission Who should we ask to use technology? Using Ipads / Beebots with support Understands some toys have switches Has preferences/ interests	Washing Hands Practise washing hands correctly When do we wash our hands? Who helps us? Becoming more independent with toileting + washing hands Caring for self - eating/ drinking	Is it safe to play with Discuss with the children if it's safe to play with.	Shop Role Play Using a till Items in shops are there to buy. Join in with play Turn taking Transition - Change

	Turn taking Begins to understand choices	Shares a special friendship Shows affection + concern Begin to say sorry when actions hurt others Inhibits own actions/ behaviours				
Nursery <i>Support in the continuous provision and through play throughout year:</i> New Friendships Introduce Feelings Board Sharing + Turn Taking Helping Each Other	Establish Rules + Routines Discuss golden rules - what do they mean? Understand choices have consequences. Adapt behaviour to new situations.	Firework Safety To know that only adults touch fireworks. Importance of listening to adults.	Using Technology What is technology? What do we use? Ipads, computers etc. Who should we ask? Where should we use it?	Celebrating Differences Understanding we are all different.	Who keeps us safe? Refer back to firework safety. Different people can keep us safe in different situations	Transition - Change Look at the feelings of being scared/ worried. Change can make us feel these emotions Talking to adults when feeling these emotions Adapt behaviour to new situations and change of routines
	Being Responsible Taking responsibility for their actions. Enjoys responsibility. Look after their belongings. Holding scissors/ knife correctly.	Feelings + Emotions Look at the feelings happy/ sad/ cross/ excited/ lonely What makes us feel this? How can we make others feel this? When do we feel this? How do we feel today? Is aware of how they feel and knows it is OK.	Washing Hands Practise washing hands correctly When do we wash our hands? Why do we wash our hands? Who helps us?	Brushing Teeth Read story 'Brush, Brush, Brush'. Why do we brush our teeth? What do we need to brush our teeth? Who helps us? Practise brushing teeth.	Sun Safety How can we keep safe in the sun? Start practising some appropriate safety measures independently.	Working In Our World Look at different coins Identify coins Play shops spending 1ps Can play in a group and extend play Confident when talking to peers
	Practise Makes Perfect Practise putting on their coats. Understand the importance of practise. Take turns and share.	Relationships Who are our friends? How do our friends make us feel? What makes a good friend? Actions and words can make friends happy or hurt their feelings				

Reception

Support in the continuous provision and through play throughout year:

New Friendships

Introduce Feelings Board

Sharing + Turn Taking

Helping Each Other

Rules, Routines and Responsibility

Discuss golden rules - what do they mean?
Understanding choices have consequences.
Children help think of rules for the classroom.
Adapt behaviour to new situations.
Shows respect for the environment, belongings and each other.

I Am Special - celebrating each others differences

To recognise that we are all special and unique.
Can talk about what we are good at and what we need to get better at.
Celebrate each other's strengths.
Can talk about how they are similar and different to others.
Speak confidently about themselves and can describe self positively.
Can talk about abilities and be proud.

Firework Safety

Can recognise potential dangers of fireworks.
Can name ways to stay safe when near fireworks.
Know who can keep us safe near fireworks.
Only adults touch fireworks.

Friendship Week

How to be a good friend.
Recognise kind behaviours.
Care about others' feelings.

We Are All Different - incl. families (Link to Handa's Surprise + The Great Explorer)

To recognise differences and similarities between families.
To look at similarities and differences between children around the world.

Feelings - lonely

When do we feel lonely?
What do we look like?
Recognising facial expressions.
Talk about friendship bench.

Set A Goal

Look at New Year's Resolutions.
Set a goal and know they have to work towards their goal.
Show a growth mindset and know that we must practise in order to reach a goal.

Caring for Animals

- [links to 'Our World'](#)

Understand that it is our responsibility to care for them.
Not all animals are cared for in the same way.
There are people who can help us care for animals when they are sick.
Can name ways to look after pets.

Using Technology

Use assessment guide slides on website as an introduction
What is the internet?
What do we use?
Who should we ask?
Where should we use it?
Know who and how to ask for help

Hand Washing

Practise washing hands correctly.
When do we wash our hands?
Why do we wash our hands?
Who helps us?

Healthy Eating

Healthy food choices.
Need food to grow.

Brushing Teeth

Knows how and when to brush teeth.
Know why we should go to the dentist.

Sun Safety

Re-cap on how to stay safe in the sun.
Knows ways to stay safe when in the sun.

Stranger Danger - (Link to Little Red Riding Hood)

Identify who trusted adults are.
Talk about ways to keep safe.
Identifying trusted adults and recognise differences between safe adults and strangers.
Recognise risky situations.

People Who Help Us - incl. family, friends, teachers

Can name people who help us.
Understand who safe strangers are and how they keep us safe.
Discuss emergencies and what number we call.

Looking After Living Things - (Link to Jack and the Beanstalk)

To understand why we should look after living things.
Can name ways to look after plants (and pets - link back to SPR1).
Can make observations of plants and talk about them.

Looking After/ Helping Our World

Understand that everyone is responsible for looking after our world.
Recognise ways we can help look after our planet.
Name ways we can recycle.

Working In Our World

Understand that you earn money from working and Know that you need money to buy items.

Transition - Change

Recap on feeling of worry/ scared.
Think of strategies to help with feeling.
Use strategies to help with changes to routine

<p>Year 1</p>	<p>Practise Makes Perfect - Growth Mindset</p> <p>Talk about how we are all special and unique. Are we all good at the same things? Now that you're growing up, what can you do? What are you responsible for doing? How will things change when you get older? Set goals and understand the importance of practising.</p> <p>Being Responsible - Water Spillage</p> <p>Know how to help people around you. Understand the things you are responsible for. Know how to and the importance of preventing accidents.</p> <p>Whole Class Activity - Step Into Someone Else's Shoes</p>	<p>Feelings + Emotions - Jealousy</p> <p>Recognise and name emotions and their physical effects. Difference between pleasant and unpleasant emotions. Coping with unpleasant and uncomfortable emotions. Communicating feelings with and without words.</p> <p>Friendship Week</p> <p>Understand what makes a good friendship. Know how to be a good friend. Celebrate our uniqueness and how we are special.</p> <p>Relationships - Bullying</p> <p>Identify a range of feelings. Why do we care about others' feelings? Identify Bullying behaviours. How to cope with Bullying behaviour. To be confident to say 'no' when they are uncomfortable or don't like an action.</p>	<p>Online Bullying - incl. name calling</p> <p>Understand how online activity can affect others. Identify negative aspects of technology. Know who and how to ask for help. When to take a break from being online + playing games. Recognise kind and unkind comments.</p> <p>Negative/ Positive Feelings + Reactions</p> <p>Can name a range of positive and negative emotions. Knows how a range of emotions make us feel. Can name ways to cope with different emotions. Understands that all emotions are OK to feel. Understand that people may feel differently about different things/ in different situations.</p>	<p>Healthy Eating Hand Washing Brushing Teeth</p> <p>How do we keep ourselves healthy? Need food to help us be healthy and grow. Can list healthy foods. Understand how germs spread and how they affect our health. Understands the importance of brushing teeth. Difference between healthy and unhealthy choices. Links to mental health.</p> <p>Mental Health</p> <p>Understands that humans can experience a range of emotions. Can name different emotions. To recognise how others are feeling.</p> <p>Medicine + Drugs</p> <p>Understand that medicines are needed to help us feel better. Can name trusted adults who administer medicine.</p>	<p>Road Safety</p> <p>John Toker LA Road Safety talk. Practise crossing roads. Why is it important to stay safe crossing roads? Recognise safe places to cross roads. Safe and Risky choices. Different ways to help stay safe.</p> <p>Beach/ Sun/ Water Safety</p> <p>Visit to Southport beach. Understand Warning flags. Sinking sand Dangers on the beach and in the water. Visit to school from Coast Guard - safety in the sea. How to stay safe in the sun.</p> <p>Staying Safe At Home/ With Families</p> <p>To recognise safe and risky situations at home (eg. knives, fire alarm etc). Know ways to stay safe when out with family.</p>	<p>Growing In Our World - links to changes in self and families</p> <p>Can talk about how we grow and know that our needs change. Talks about how families differ and how every family is special. Can talk about common features of family life. Talk about different groups they belong to.</p> <p>Transition - Change</p> <p>Children identify and talk about change and how they feel. To talk about appropriate responses to those emotions.</p>
<p>Year 2</p>	<p>Practise Makes Perfect - Growth Mindset</p> <p>Talk about how we are all special and unique. Are we all good at the same things? Understands the importance of practise. Shows a 'can do' attitude and has a positive, resilient attitude towards their learning.</p>	<p>Feelings + Emotions - Anger + Grief</p> <p>Recognise and name emotions and their physical effects. Difference between pleasant and unpleasant emotions. Coping with unpleasant and uncomfortable emotions. Communicating feelings with and without words.</p>	<p>Image Sharing</p> <p>Understand how online activity can affect others. Identify negative aspects of technology. Know the rule for image sharing without permission. Types of images you should and should not post online.</p> <p>Computer Safety</p> <p>Golden rules for staying safe online,</p>	<p>Physical Health</p> <p>Understands the importance of physical health. Can talk about ways to stay physically healthy. Look at the relationship between physical and mental health.</p> <p>Mental Health</p> <p>Understands that humans can experience a range of emotions.</p>	<p>Staying Safe - incl. trusted adults</p> <p>Ways to keep yourself and others safe. Recognise risky situations. Ways to stay safe in the house, including fire and electrical safety. Identify trusted adults. Difference between safe and risky choices.</p>	<p>Working In Our World</p> <p>Can name different ways we receive money. Understands the difference between spending money online and on games.</p> <p>Living In Our World</p> <p>To understand how and why we look after living things. Know ways to look after our world.</p> <p>Transition - Change</p>

	<p>Being Responsible - Helping someone in need Know how to help others Recognise kind and thoughtful behaviour and actions Rules of talking to others Difference between being responsible and being irresponsible.</p> <p>Being Responsible - stealing Knowing the difference between borrowing and stealing. How would you feel if something is not returned? Why is it wrong to steal? Difference between being responsible and irresponsible.</p> <p>Whole Class Activity - Step Into Someone Else's Shoes</p>	<p>Friendship Week Knows how to be a good friend and what a good friend looks like. Celebrate our uniqueness and how we are special. Can resolve disagreements with friends positively.</p> <p>Relationships - Touch (incl. no means no, naming body parts + NSPCC Pantosaurus video) Difference between appropriate and inappropriate touch. Caring about others feelings. Personal Boundaries. Labelling body parts. Know who and how to ask for help. Can confidently say no/stop when they don't like something. Know not to keep secrets from trusted adults</p>	<p>When to take a break from being online + playing games. Computer safety declaration.</p> <p>Consent Understands importance of consent - will look at this throughout the Computer Safety module.</p> <p>Age Restrictions/ Rules Know that some games/DVDs have age restrictions. Understands that rules and restrictions are there to keep us safe.</p>	<p>Can name different emotions. To recognise how others are feeling. To name things they can do in order to help manage big feelings.</p> <p>Medicine + Drugs Know, understand and practise safety rules about medicines. When it is safe to take medicine. Who we accept medicine from. Understands that medicine comes in different forms. Difference between healthy and unhealthy choices.</p>	<p>Staying Safe At Home/ With Families Can talk about ways to stay safe at home. Can talk about ways to stay safe when out with their families. Can recognise risky choices/ situations and know to talk to a trusted adult.</p> <p>Fire Safety Can recognise situations that would require emergency services and know how to contact them. Know what may cause a fire. Can recognise safe and risky choices.</p> <p>Railway Safety Organise talk from Railway. Visit to local Train Station, platform rules. Track rules. Train rules. Identify Dangers.</p>	<p>Understand that change can cause mixed feelings. Know who to talk to when feeling sad, worried, nervous.</p>
<p>SMSC</p>	<ul style="list-style-type: none"> -Golden rules -Class charter -Friendships -Looking after property -Our environment -Classroom jobs + responsibilities 	<ul style="list-style-type: none"> -Friendship week -Children In Need -Golden rules -Circle time -Worry Monsters -Feelings board 	<ul style="list-style-type: none"> -E-Safety Day -Who can we talk to? -How internet can help us reach goals -Setting Goals + planning to achieve -Growth Mindset 	<ul style="list-style-type: none"> -Positivity and equality -Healthy body and healthy mind -Strengths and weaknesses -Helping our friends -Celebrating successes 	<ul style="list-style-type: none"> -Mental Health Awareness - Respect -Sun Safety Week -Link to road/ beach/ railway/ water safety -Likes/dislikes -Celebrating differences -Actions have consequences 	<ul style="list-style-type: none"> -Transition -Reflection -Understanding my feelings and others -How to deal with feelings -Making choices
<p>Assembly/ Collective Worship</p>	<p>School Council Reps - Who should you vote for Safeguarding in School Responsibility for upholding school values Responsibility to our school, our community, our world and our planet</p>	<p>Getting on and falling out Black History Month Armistice Day Friendship Week Advent / Christmas Firework Safety</p>	<p>Going for Goals Online Safety</p>	<p>Good to be me Belonging Rights of the child Mental Health Week Happy Me</p>	<p>Sun Safety</p>	