

Subject Overview PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Know the three school rules – be ready, be kind, be safe and be able to talk about what this look like in our classroom.</p> <p>Routines and expectations within the Reception setting and wider school space.</p>	<p>Finding the right words to help me solve problems.</p> <p>Know when to use my words and when to ask for help.</p> <p>Understand that my actions affect others.</p>	<p>Naming and recognising my emotions – early Zones of Regulation work.</p> <p>Exploring the emotions in each zone and finding ways to return to green.</p> <p>Calming activities.</p>	<p>Working as a team, taking turns and understanding that in a group we have to consider everyone's feelings and ideas.</p> <p>Body safety and Privacy.</p>	<p>Building on our team work and emotional skills, finding ways to accept each other's' needs and ideas.</p> <p>Exploring our personal progress and goals and talking about how we can grow and improve.</p>	<p>Talking about Healthy choices and keeping my body safe and clean.</p> <p>Feeling confident about moving on and feeling proud about where I've come from.</p>
Year One	<p>Know the three school rules – be ready, be kind, be safe</p> <p>Know who can help us at school and what to do if we are worried.</p> <p>Know what makes a good friend.</p>	<p>Know the names of basic emotions – happy, sad, angry, scared – and where they might come from.</p> <p>Know that emotions can change and be changed.</p>	<p>Know the names of private body parts.</p> <p>Know that body privacy is important and which body parts are private.</p> <p>Know that feeling scared/unsafe has a physical response.</p> <p>Know there are a range of adults who can help keep you safe and that you can go to.</p>	<p>I know what makes a family – love and caring for each other (not just where you live)</p> <p>I know that families can look different</p> <p>Todd Parr 'Family Book'</p>	<p>I know it is important to look after my body (health)</p> <p>I know what my body needs to stay healthy: exercise and diet</p> <p>I know how to brush my teeth</p> <p>I know how and why we need to wash our hands</p>	<p>I know about changes happening at the end of term</p> <p>I know that changes cause us to have different feelings</p> <p>I know how to stay safe in the sun – hat, water, sun cream</p>

Year Two	<p>Know the school rules and understand that year 2 are the oldest pupils (role models)</p> <p>Know who can help me and what to do in scary or upsetting situations</p> <p>What does respect mean and why is it important? How do friends make us feel good?</p>	<p>I know what can help me with my feelings</p> <p>Know that mental health is as important as physical health.</p> <p>Name a wider range of emotions – nervous, frustrated, excited, and surprised</p> <p>Know strategies that support emotional well being</p>	<p>Know there is a difference between good scared and bad scared</p> <p>Know there are always adults who can help</p> <p>Know the scientific names for the private body parts</p> <p>Know about consent and respect body privacy</p>	<p>Respect – what is it and how do we show it</p> <p>I know everyone is different and that this is OK!</p> <p>Exploring stereotypes – boys and girls</p>	<p>I know what my body needs to stay healthy: exercise, diet & cleanliness</p> <p>I know that I need to move to keep healthy – e.g. going out for a bike ride instead of playing x-box</p> <p>I know that germs and bacteria can make me ill and I know how to keep safe from germs</p>	<p>I know about the change happening at the end of term</p> <p>I know that changes can cause big feelings</p> <p>I know this particular change is happening to us all</p> <p>Sun Safety – hats, water, sun cream.</p>
----------	--	---	--	--	---	---