

PSHE Curriculum Overview 2021-22

<p>Nursery Personal, social and emotional development - ‘Self-regulation’ ‘Managing self’ and ‘Building relationships’. – ongoing throughout the year.</p> <p>Aut 1 Settling into nursery Exploring a new setting Introduction to rules and routines.</p>							
<p>Self Regulation & managing Self <i>36 – 41 months</i> Find ways of managing transitions eg from parent to Keyworker. Play with increasing confidence on their own. Exploring new environment, trying new things Select & use resources with help Begin to follow some nursery rules, routines & boundaries. Growing ability to distract self when upset, e.g. by engaging in a new play activity <i>42 – 47 months</i> Seeks comfort from familiar adults when needed. Begin to show effortful control eg waiting for a turn in adult led task. Be increasingly able to manage their emotions. Notice & ask differences such as skin colour, hair, disabilities, and special needs. Begin to express preferences & make decisions/choices. Begin to express some emotions eg happy, sad</p>				<p>Building Relationships <i>36-41 months</i> Sole play, involved in own interests, oblivious to others nearby. Exploring & watching/being interested in others activity. May begin to play alongside involved in same activity/theme but not with another. Begins to take part (alone or with another) in pretend play. <i>42 – 47 months</i> Develop friendships with other children (May form a special friendship with another child, Seeks out others to share experiences). Initiates play, offering cues to peers to join them.</p>			
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Aut 1	<p>Being Me in My World</p> <p>Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities</p>	<p>Being Me in My World</p> <p>Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter</p>	<p>Being Me in My World</p> <p>Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings</p>	<p>Being Me in My World</p> <p>Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others’ perspectives</p>	<p>Being Me in My World</p> <p>Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour</p>	<p>Being Me in My World</p> <p>Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating</p>	<p>Being Me in My World</p> <p>Identifying goals for the year Global citizenship Children’s universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling</p>
Aut 2	<p>Celebrating Difference</p> <p>Identifying talents Being special Families Where we live Making friends Standing up for yourself</p>	<p>Celebrating Difference</p> <p>Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone</p>	<p>Celebrating Difference</p> <p>Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends</p>	<p>Celebrating Difference</p> <p>Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments</p>	<p>Celebrating Difference</p> <p>Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions</p>	<p>Celebrating Difference</p> <p>Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions</p>	<p>Celebrating Difference</p> <p>Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy</p>

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Spr 1	Dreams and Goals Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Dreams and Goals Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Dreams and Goals Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Dreams and Goals Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Dreams and Goals Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Dreams and Goals Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Dreams and Goals Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments
Spr 2	Healthy Me Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Healthy Me Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Healthy Me Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Healthy Me Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	Healthy Me Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Healthy Me Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Healthy Me Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress
Su 1	Relationships Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Relationships Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Relationships Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	Relationships Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Relationships Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	Relationships Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use
Su 2	Changing Me Bodies Respecting my body Growing up Growth and change	Changing Me Life cycles – animal and human Changes in me Changes since being a baby	Changing Me Life cycles in nature Growing from young to old Increasing independence Differences in female and male	Changing Me How babies grow Understanding a baby's needs Outside body changes Inside body changes	Changing Me Being unique Having a baby Girls and puberty Confidence in change	Changing Me Self- and body image Influence of online and media on body image	Changing Me Self-image Body image Puberty and feelings Conception to birth

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	<p>Fun and fears Celebrations</p>	<p>Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition</p>	<p>bodies (correct terminology) Assertiveness Preparing for transition</p>	<p>Family stereotypes Challenging my ideas Preparing for transition</p>	<p>Accepting change Preparing for transition Environmental change</p>	<p>Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition</p>	<p>Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition</p>
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