



Subject Overview : PSHE

Each year group studies 6 pieces of the 'jigsaw' over the year. Each unit is progressive and builds on learning to ensure that children can establish and maintain good relationships in life. Throughout this curriculum **British Values** are implicit.

Intent (Skills/ knowledge)
Implementation (How/ When)

	EYFS	Year 1	Year 2
INTENT	<p>Being Me In My world</p> <ul style="list-style-type: none"> -Self identify -Understanding feelings -Being in a classroom -Being gentle -Rights and responsibilities 	<p>Being Me In My world</p> <ul style="list-style-type: none"> -Feeling special and safe -Being part of a class -Rights and responsibilities -Rewards and feeling proud -Consequences -Owning the learning charter 	<p>Being Me In My world</p> <ul style="list-style-type: none"> -Hopes and fears for the year -Rights and responsibilities -Rewards and consequences -Safe and fair learning environment -Valuing contributions -Choices -Recognising feelings
	Democracy, Rule of Law, Individual Liberty, Mutual Respect, Tolerance		
	<p>Celebrating Difference</p> <ul style="list-style-type: none"> -Families -Where we live -Making friends -Standing up for yourself 	<p>Celebrating Difference</p> <ul style="list-style-type: none"> -Similarities and differences -Understanding bullying and how to deal with it. -Making new friends -Celebrating differences in everyone 	<p>Celebrating Difference</p> <ul style="list-style-type: none"> -Assumptions and stereotypes about gender -Understanding bullying -Standing up for self and others -Making new friends -Gender diversity - Celebrating difference and remaining friend
	Democracy, Rule of Law, Individual Liberty, Mutual Respect, Tolerance		
	<p>Dreams and Goals</p> <ul style="list-style-type: none"> -Challenges -Perseverance -Goal-Setting -Overcoming obstacles -Seeking help -Jobs -Achieving goals 	<p>Dreams and Goals</p> <ul style="list-style-type: none"> -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 	<p>Dreams and Goals</p> <ul style="list-style-type: none"> Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success
	Democracy, Individual Liberty, Mutual Respect, Tolerance		
	<p>Healthy Me</p> <ul style="list-style-type: none"> -Exercising bodies -Physical activity -Healthy food -Sleep -Keeping clean -safety 	<p>Healthy Me</p> <ul style="list-style-type: none"> -Keeping myself healthy -Healthier lifestyle choices -Keeping clean -Being safe -Medicine safety/ safety with household items -Road safety -Linking health and happiness 	<p>Healthy Me</p> <ul style="list-style-type: none"> -Motivation -Healthier choices -Relaxation -Healthy eating and nutrition -Healthier snacks and sharing food
	Rule of Law, Individual Liberty, Mutual Respect, Tolerance		
	<p>Relationships</p> <ul style="list-style-type: none"> -Family life -Friendships -Breaking friendships -Falling out -Dealing with bullying -Being a good friend 	<p>Relationships</p> <ul style="list-style-type: none"> -Belonging to a family -Making friends/ being a good friend -Physical contact preferences -People who help us -Qualities as a friend and a person -Self-acknowledgement -Being a good friend to myself -Celebrating special relationships 	<p>Relationships</p> <ul style="list-style-type: none"> -Different types of family -Physical contact boundaries -Friendship and conflict -Secrets -Trust and appreciation -Expressing appreciation for special relationships.
	Democracy, Rule of Law, Individual Liberty, Mutual Respect, Tolerance		
	<p>Changing Me</p> <ul style="list-style-type: none"> -Bodies -Respecting my body -Growing up -Growth and change -Fun and fears - Celebrations 	<p>Changing Me</p> <ul style="list-style-type: none"> -Life cycles – animals and human -Changes in me -Changes since being a baby -Differences in female and male bodies -Linking growing and learning -Coping with change -Transition 	<p>Changing Me</p> <ul style="list-style-type: none"> -Life cycles in nature -Growing from young to old -Increasing independence -Differences in female and male bodies -Assertiveness - Preparing for transition
	Individual Liberty, Mutual Respect, Tolerance		
Rule of Law, Individual Liberty, Mutual Respect, Tolerance			
Rule of Law, Individual Liberty, Mutual Respect, Tolerance			

Vocabulary	<p>Feeling, friendship, kind, helpful, happy, sad, angry, nice, Family, home, live friends, standing up for self, sharing, proud, Responsibility, differences, same, friendship, kindness, Achieve, goal, challenge, proud, encouragement, Health, Healthy, sleep, washing, hygiene, food, lost, calm, stranger. Problem, friend, falling out, family, unkind, kind, relationship, respect. Change, feelings, transition, body parts – leg, nose, arm, head, eyebrow, elbow, knee, toe, fingers, eyes, ears,</p>	<p>As Reception and:</p> <p>Goal, grown up, life cycles, unhealthy, lifestyle, choices, physically active, balanced diet, safety, medicine, road, difficult situations, community, greetings, appreciate, physical contact, types of families, achieve.</p>	<p>As EYFS/ Y1 and:</p> <p>Reward, consequence, stereotype, gender, diversity, motivation, energy, food groups – protein, carbohydrate, fats, dairy, conflict, resolution, trust, appreciation, secrets, contact, acceptable, assertiveness, confidence.</p>
------------	--	---	--

	Autumn	Spring	Summer
EYFS	<p>Autumn 1 Being me in my world Concept: Reality / authority</p> <p>Key questions Who am I? How am I feeling today? Can I work together with someone? Are my hands kind hands? Do I know that I have to let people learn and play? What does responsible mean?</p> <p>Autumn 2 Celebrating Differences Concept: Diversity</p> <p>Key questions What am I good at? What is special about me? How are families different? Are all houses the same? How can I Make friends? How do I look after myself?</p>	<p>Spring 1 Dreams and Goals Concept: Reality</p> <p>Key questions What does the word challenge mean? How can I keep on trying? What is a goal? Who can help me to achieve my goal? What do I want to be when I grow up? Do I feel proud of myself when I have achieved a goal?</p> <p>Spring 2 Healthy Me Concept: Reality</p> <p>Key questions What do I need to do to stay healthy? What does the word healthy mean? Why is sleep good for me? When and why do I wash my hands? What can I do if I get lost? How do I keep calm?</p>	<p>Summer 1 Relationships Concept: Reality</p> <p>Key questions Who is part of my family? How do I solve a problem with my friends? What do I like about my friends? Do I know what to do if someone is unkind to me? I know how to talk about my feelings? How can I be the best friend that I can be?</p> <p>Summer 2 Changing me Concept: Discovery</p> <p>Key questions What are the names of my body parts? Can I tell you ways to keep me healthy? How do I change as I grow up? I can talk about my feelings when something changes? Can I tell you what is good about change?</p>
Year 1	<p>Autumn 1 Being me in my world Concept: Reality / authority</p> <p>Key questions How am I special and how do I keep safe? Who is in my class? What are our rights and responsibilities? When do I feel proud of myself – do I always need a reward? How can I show that I am responsible?</p> <p>Autumn 2 Celebrating Differences Concept: Diversity</p> <p>Key questions What is the same as...? What is/ am I different to? What is 'bullying'? What should I do without bullying? How do I make new friends? How can I</p>	<p>Spring 1 Dreams and Goals Concept: Reality</p> <p>Key questions How can I set simple goals? What steps will help me achieve my goal? How can I work with others who might help me? How do I feel when I am challenging myself? What do I do to overcome obstacles? How can I celebrate my success?</p> <p>Spring 2 Healthy Me Concept: Reality</p> <p>Key questions What is healthy and unhealthy? How can I make healthy lifestyle choices? Do I know why it is important to be clean and healthy? How do I use</p>	<p>Summer 1 Relationships Concept: Reality</p> <p>Key questions Are all families the same? What is a good friend and what do I look for in a friend? How do we greet people? Who are the people who can help me? What makes me a good friend? How can I let someone know that I appreciate them?</p> <p>Summer 2 Changing me Concept: Discovery</p> <p>Key questions What is a lifecycle? How have I changed? Can I talk about why I have changed? How can I help myself when changes are</p>

	celebrate differences and celebrate me?	medicines safely? How do I cross a road safely? Why is my body amazing?	happening? Can I talk about my feelings of change?
Year 2	<p>Autumn 1 Being me in my world Concept: Reality / authority</p> <p>Key questions – What are my hopes and fears for the year? What are my rights and responsibilities? What is a reward and what is a consequence? Why do rewards and consequences exist? How do I work well with others? How do the choices I make relate to rewards and consequences?</p> <p>Autumn 2 Celebrating Differences Concept: Diversity</p> <p>Key questions – What is a stereotype? Why does bullying happen? How can I stand up for myself and others? How am I different from my friends? Is it okay to be friends with someone who is different? How can we celebrate differences?</p>	<p>Spring 1 Dreams and Goals Concept: Reality</p> <p>Key questions Can I make a realistic goal? What is perseverance and how can I persevere? How can I make the right choices in group work? Can I say how I have worked well? How can I share success?</p> <p>Spring 2 Healthy Me Concept: Reality</p> <p>Key questions What are healthy and unhealthy choices? What does relaxed mean? What does stressed mean? What do medicine's do for our bodies? What are food groups and why are they important? What is a healthy snack? What foods give me energy?</p>	<p>Summer 1 Relationships Concept: Reality</p> <p>Key questions Are all my relationships the same within my family? What do we mean by acceptable contact? What is conflict and how do I solve it? Are all secrets good? What is trust? How do I show appreciation?</p> <p>Summer 2 Changing me Concept: Discovery</p> <p>Key questions What cycles of life take place in nature? How do we grow from young to old? Can I control this? How have I changed since I was a baby? How do I show respect to the opposite gender? Am I confident to know when to say yes and no? What am I looking forward to as I move to the junior school?</p>