

PSHCE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p><u>Making Relationships</u> <u>What do I like to do?</u></p> <p>What do you like? What do you dislike? What things do you like? What things do you dislike? What do you like to play with? Where do you like to go?</p>	<p><u>Making Relationships</u> <u>What am I good at?</u></p> <p>What things can I do? What things do you like to do? What are your interests? How do you feel when you are good at something? How can you be better at something new?</p>	<p><u>Managing Feelings and Behaviour</u> <u>How do we feel today?</u></p> <p>How do you feel today? What things make you feel happy, sad etc? How do you feel when you are happy, sad etc? How can unkind behaviour make you feel?</p>	<p><u>Managing Feelings and Behaviour</u> <u>Do I need to follow rules?</u></p> <p>What are rules? Why do we need rules? How do rules keep you safe? What is right? What is wrong? How do your actions affect others? What are consequences?</p>	<p><u>Self Confidence and Self Awareness</u> <u>How can I help others?</u></p> <p>How can you help your friends? How can you help your family? How can you help in school? How can you help in your local area? How can you help people in your local community?</p>	<p><u>Self Confidence and Self Awareness</u> <u>How do I play with my friends?</u></p> <p>What is a friend? Who are your friends? What makes a good friend? How are you a good friend? What is fair? What is unfair? How do you care for your friends?</p>
Year 1	<p><u>Relationships</u> <u>What is the same and different about us?</u></p> <p>What do you like? What do you dislike? What makes you special? How are you the same/different to others? Can you name the main parts of your body? <i>(this will include body parts including external genitalia)</i></p>	<p><u>Relationships</u> <u>Who is special to us?</u></p> <p>Which groups do you belong to? Who is in your family? Who cares for you and loves you? Who is special to you? How are families the same or different? <i>(this will include different family structures and acceptance of diversity)</i></p>	<p><u>Health and Wellbeing</u> <u>What helps us stay healthy?</u></p> <p>What does it mean to be healthy? Who helps you to stay healthy? How can medicines help you to stay healthy? Why is hygiene important? What can you do to take care of yourself?</p>	<p><u>Living in the Wider World</u> <u>What can we do with money?</u></p> <p>What is money? How is money obtained? How do we make choices about what to do with money? What is the difference between needs and wants? How can we keep our money safe?</p>	<p><u>Health and Wellbeing</u> <u>Who helps to keep us safe?</u></p> <p>Who can help to keep you safe? What jobs do they do? How do they help people? What should you do if you feel unsafe or worried? Who can you ask for help?</p>	<p><u>Living in the Wider World</u> <u>How can we look after each other and the world?</u></p> <p>How can kind and unkind behaviour affect others? How can you care for people and animals? What can harm the environment? How do your needs change as you grow up?</p>
Year 2	<p><u>Relationships</u> <u>What makes a good friend?</u></p> <p>How can you make friends with others? How do you know when you feel lonely? How do others behave when they are being friendly? How can you resolve an argument? How can you ask for help if a friendship is making you unhappy?</p>	<p><u>Relationships</u> <u>What is bullying?</u></p> <p>How can words and actions affect others? How can you respond if physical contact makes you feel uncomfortable or unsafe? Why is hurtful behaviour unacceptable? How can you respond to hurtful behaviour? How can you report bullying or hurtful behaviour?</p>	<p><u>Living in the Wider World</u> <u>What jobs do people do?</u></p> <p>How do jobs help people to pay for the things they need and want? What different jobs do people do? How do people use the internet in their jobs and everyday life?</p>	<p><u>Health and Wellbeing</u> <u>What helps us to stay safe?</u></p> <p>How do rules help us to stay safe? How can you identify unsafe situations? How can you resist pressure to do something that makes you feel unsafe? Who is a trusted adult? Who can you ask for help?</p>	<p><u>Health and Wellbeing</u> <u>What can help us grow and stay healthy?</u></p> <p>What helps your body to be healthy? What affect does eating and drinking too much sugar have on your body? How can you be physically active? How much rest and sleep should you have?</p>	<p><u>Health and Wellbeing</u> <u>How do we recognise our feelings?</u></p> <p>Can you recognise and name different feelings? Can you describe each feeling? What makes you feel good? How do feelings affect your body and your behaviour? How can you manage your feelings? Why is it important to share your feelings with someone you trust? <i>(this will include gender identity)</i></p>