



## Curriculum Overview

Subject: PSHE

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Sumer 2</b>
Jigsaw Theme	Being in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Nursery	<p>Self-identify – explore features of themselves, explore who is important to them in their lives</p> <p>Explore and begin to understand feelings – happy and sad</p> <p>Learn to work cooperatively</p> <p>Understand the importance of being kind and gentle</p> <p>Introduce rights' and responsibilities – linked to being part of Nursery class and Barnes Infant Academy</p> <p>Contribute to the school Learning Charter</p>	<p>Know that people can be good at different things.</p> <p>Know that families can be different.</p> <p>Can talk about what they are good at.</p> <p>Be able to vocalise successes for themselves.</p> <p>Identify some ways they can be different and the same as others.</p> <p>Begin to explore differences between people's homes.</p> <p>Know different ways of making friends.</p> <p>Begin to</p>	<p>Know that it is important to keep trying.</p> <p>Know when they have achieved a goal and feel proud of themselves.</p> <p>Know which words are kind.</p> <p>Begin to explore some jobs that they might like to do when they are older.</p> <p>Begin demonstrate ambition and perseverance.</p>	<p>To name parts of the body - body – head, neck, shoulders, arm, fingers, chest, stomach, legs, knees, feet, toes</p> <p>To begin to understand what the word `healthy` means and talk about some factors that can help them to stay healthy.</p> <p>Know when and how to wash their hands properly.</p> <p>To know what to do if they get lost.</p> <p>To know how to say no to strangers.</p>	<p>Know what a family is.</p> <p>Begin to know some of the characteristics of healthy and safe relationships.</p> <p>Begin to understand that friends sometimes fall out.</p> <p>Know that unkind words can hurt others.</p> <p>Begin to use Jigsaws Calm Me to help when feeling angry.</p>	<p>Know the names and functions of some body parts</p> <p>Know that we grow from baby to adult</p> <p>Can identify how they have changed from a baby</p> <p>Know who to talk to if they are feeling worried</p> <p>Begin to understand that sharing how they feel can help solve a worry</p>

		recognise emotions in others.				
Reception	<p>Understand similarities and differences between themselves and others.</p> <p>Recognise and explore a range of feelings – happy, sad, worried, angry.</p> <p>Understand rights and responsibilities and begin to understand the impact of own behaviour on others.</p> <p>Contribute to the school Learning Charter</p>	<p>Know what being unique means.</p> <p>Recognise similarities and differences between themselves and others.</p> <p>Recognise similarities and differences between their families and other families.</p> <p>Know what being proud means and that people can be proud of different things.</p> <p>Know that people have different homes and why they are important to them.</p> <p>Know that they do not have to be the same as their friend.</p> <p>Know ways to share their views that may be different to their</p>	<p>Know what a challenge is.</p> <p>Know what a goal is.</p> <p>Know how to set goals and work towards them.</p> <p>Know when they have achieved a goal.</p> <p>Know which words are kind.</p> <p>Know some jobs that they might like to do when they are older.</p> <p>Know that they must work hard now in order to be able to achieve the job they want when older.</p> <p>Understand that challenges can be difficult.</p> <p>Recognise some of the feelings linked to perseverance.</p> <p>Demonstrate ambition and resilience.</p>	<p>Understand that it is important to eat healthy foods.</p> <p>Know the names of parts of the body.</p> <p>Be aware of other factors that contribute to healthy living – sleeping, hygiene, exercise, brushing teeth.</p> <p>Know how to help themselves go to sleep.</p> <p>Know what to do if they get lost.</p> <p>Know how to say no to strangers.</p> <p><b>Know how to keep safe when using the internet.</b></p> <p><b>Can talk about the PANTS rule and understand why this is important.</b></p>	<p>Know what a family is and that different people within a family have different responsibilities – jobs.</p> <p>Know some characteristics of healthy and safe relationships.</p> <p>Know that friends sometimes fall out.</p> <p>Know some ways to repair a friendship</p> <p>Know that unkind words can never be taken back and they can hurt</p> <p>Know how to use Jigsaws Calm Me to help if feeling angry</p> <p>Know some reasons why others get angry</p>	<p>Know the names and functions of some body parts</p> <p>Know that we grown from a baby to an adult</p> <p>Can identify how they have changed from a baby</p> <p>Can say what might change for them as they get older</p> <p>Know who they can talk to if they are feeling worried</p> <p>Know that sharing how they feel can help solve a worry</p> <p>Know that remembering happy times can help us move on</p>

		<p>friends. Recognise emotions in others. Know qualities that make a good friend.</p>	<p>Recognise how kind words can encourage people.</p>			
Year One	<p>Explore and understand feeling special and safe. Identify helpful behaviours to make the classroom a safe place. Understand that their views are important. Understand their rights and responsibilities of a member of their class. Understand their own rights and responsibilities within their classroom. Understand they have choices. Understand their choices have consequences Contribute to the school Learning Charter</p>	<p>Know that people have similarities and differences. Know that we are unique and that it is OK to be different. Know what bullying means – know what it is and what it isn't. Explore feelings associated with bullying. Know who to talk to and what to do if they are someone they know is being bullied.</p>	<p>Recognise things they do well in. Explain how they learn best. Celebrate their achievements with a friend. Recognise their own feelings when faced with a challenge. Know how to set simple goals. Know how to achieve a goal. Know how to work well with a partner. Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them. Recognise how they feel when</p>	<p>Know the difference between being healthy and unhealthy. Know some ways to keep healthy. Know how to make healthy life choices. Know that all household products, including medicines, can be harmful if not used properly. Know that medicines can help them if they feel poorly. Know how to keep safe when crossing the road. Know about people who can keep them safe.</p>	<p>Knows that everyone's family is different and that there are lots of different types of families. Know that families are bounded on belonging, love and care Know how to make a friend Know the characteristics of healthy and safe friends Know that physical contact can be used as a greeting Know about the different people in the school community and how they help Know who to ask for help in the</p>	<p>Know that animals, including humans have a life cycle Know that changes happen when they grow up Know the names of the male and female private body parts Know that there are correct names and nicknames for private body parts and when to use them Know which parts of the body are private and that they belong to the person and nobody has the right to hurt these <b>Know and understand the PANTS rule</b> Know who to ask for help if they are worried or frightened Know that learning bring about change Can suggest ways to</p>

			they overcome an obstacle. Know when a goal has been achieved.	Recognise how being healthy helps them to feel happy.	school community	help manage change
Year Two	<p>Identify hopes and fears for the year ahead.</p> <p>Recognise own feelings and know when and where to get help.</p> <p>Understand the rights and responsibilities of class members.</p> <p>Understand that their own views are valuable.</p> <p>Know that it is important to listen to other people.</p> <p>Know about rewards and consequences and understand that these stem from choice.</p> <p>Know that positive choices impact positively on self-learning and the learning of others.</p>	<p>Know it is good to be yourself.</p> <p>Understand that everyone's differences make them special and unique.</p> <p>Know that there are gender stereotypes and that it is OK not to conform to these.</p> <p>Know that some people can get bullied because of differences.</p> <p>Know the difference between right and wrong and the role choice has to play in this.</p> <p>Know that friends can be different and still be friends.</p> <p>Know the difference between a one off</p>	<p>Know how to choose a realistic goal and plan how to achieve it.</p> <p>Know that it is important to persevere.</p> <p>Know how to recognise what working together looks like.</p> <p>Know how to share success with others.</p> <p>Recognise their own strengths as a learner.</p> <p>Be able to choose a partner with whom they work well with.</p> <p>Recognise how it feels to be a part of a group that works well together and succeeds.</p>	<p>Know that their body needs to stay healthy.</p> <p>Know what relaxed means.</p> <p>Know what makes them feel relaxed/stressed.</p> <p>Know that it is important to use medicines safely.</p> <p>Know how medicines work in their bodies.</p> <p>Know how to make some healthy snacks.</p> <p>Know which foods give their bodies energy.</p> <p>Develop a desire to make healthy lifestyle choices.</p> <p>Feel positive about caring for their bodies and keeping it healthy.</p>	<p>Know that everyone's family is different</p> <p>Know that families function well when there is trust, respect, care, love and cooperation</p> <p>Know that there are lots of forms of physical contact within a family</p> <p>Know how to stay stop is someone is hurting them</p> <p>Know some reasons why friends have conflicts</p> <p>Know that friendships have ups and downs and sometimes change with time</p> <p>Know how to use the mending friendships or solve it together</p>	<p>Know that life cycles exist in nature</p> <p>Know that aging is a natural process including old age</p> <p>Know that some changes are out of an individual's control</p> <p>Can express how they feel about changes</p> <p>Know how their bodies have changed from when they were a baby and that they will continue to change as they age</p> <p>Know the physical differences between male and female bodies</p> <p>Know the correct names for private body parts</p> <p>Know that private body parts are special and that no one has the right to hurt these</p> <p><b>Know and understand the PANTS RULE</b></p> <p>Know who to ask for</p>

		<p>incident and bullying.          Understand how bullying can make someone feel.          Know where to get help if they are being bullied.</p>			<p>problem solving methods (conflict resolution)          Know there are good secrets and worry secrets and why it is important to share worry secrets          Know what trust is</p>	<p>help if they are worried or frightened          Know that there are different types of touch and that some are acceptable and some are unacceptable          Can say what greater responsibilities and independence they have now compared to being a baby/toddler          Can say what greater responsibilities and freedoms they may have in the future          Can say what they are looking forward to in the next year</p>
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