



Nanaksar Primary School - PSHE Overview

Click MTP	Autumn		Spring		Summer	
EYFS	Being me in my world	Celebrating Differences	Dreams & Goals	Healthy Me	Relationships	Changing me
	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
ELGs	<p><i>See Reception Curriculum Map</i></p> <p>Personal, Social and Emotional Development:</p> <p>Self-Regulation Children at the expected level of development will: - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>Managing Self Children at the expected level of development will: - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; - Explain the reasons for rules, know right from wrong and try to behave accordingly; - Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p> <p>Building Relationships Children at the expected level of development will: - Work and play cooperatively and take turns with others; - Form positive attachments to adults and friendships with peers; - Show sensitivity to their own and to others' needs.</p>					

Click for Medium Term Plans	Autumn			Spring			Summer		
	Families and Friendships 1.1	Belonging to a Community 1.2	Respecting ourselves and others 1.3	Keeping Safe 2.1	Life Skills school Challenge 2.2	Safe Relationships 2.3	Physical health and Mental Wellbeing. 3.1	Growing and Changing 3.2	Money and Work 3.3
<u>Year 1</u>	Roles of different people; families; feeling cared for	What rules are; caring for others' needs; looking after the environment	How behaviour affects others; being polite and respectful	How rules and age restrictions help us; keeping safe online	Public speaking/ acting on stage	Recognising privacy; staying safe; seeking permission	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong.	Strengths and interests; jobs in the community

<u>Year 2</u>	Making friends; feeling lonely and getting help	Belonging to a group; roles and responsibilities; being the same and different in the community	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Safety in different environments; risk and safety at home; emergencies	Learn Classic Board games and how to win/lose	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	What money is; needs and wants; looking after money
<u>Year 3</u>	What makes a family; features of family life	The value of rules and laws; rights, freedoms and responsibilities	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Risks and hazards; safety in the local environment and unfamiliar places	Gardening skills Learn to wrap a present/ make a gift box.	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Different jobs and skills; job stereotypes; setting personal goals
<u>Year 4</u>	Positive friendships, including online	What makes a community; shared responsibilities	Respecting differences and similarities; discussing difference sensitively	Medicines and household products; drugs common to everyday life	Make a basic cushion cover Learn to swim (stage3)	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Making decisions about money; using and keeping money safe
<u>Year 5</u>	Managing friendships and peer influence	Protecting the environment; compassion towards others	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Keeping safe in different situations, including responding in emergencies, first aid	First Aid Skills. O&AA team building challenge.	Physical contact and feeling safe	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Identifying job interests and aspirations; what influences career choices; workplace stereotypes
<u>Year 6</u>	Attraction to others; romantic relationships; civil partnership and marriage	Valuing diversity; challenging discrimination and stereotypes	Expressing opinions and respecting other points of view, including discussing topical issues	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	Bikeability test First Aid Skills (Perform CPR).	Recognising and managing pressure; consent in different situations	What affects mental health and ways to take care of it; managing change, loss & bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Influences and attitudes to money; money and financial risks

Relationships

Living in the Wider World

Health & Wellbeing