

## **PSHE Long term Curriculum Map**

We use the long term and medium term planning units from the PSHE association to support our planning and teaching

<b>Reception</b>	<b>Making relationships</b>	<b>Self-confidence and self-awareness</b>	<b>Managing feelings and behaviour</b>
<b>Autumn term</b>	Settling into school- learning routines and friendship skills Developing teamwork and collaboration skills Learning rules for simple games indoors and outdoors	Online safety (ongoing)- how to keep ourselves safe online Similarities and differences between me and my friends Handwashing and germs- how can we keep our bodies healthy and safe?	Road safety (Warwickshire Road Safety Club)- learning how to cross the road safely with an adult Using visual cues to help manage behaviour and feelings
<b>Spring term</b>	Celebrating our similarities and differences; what is special about me? Continuing to develop teamwork and social skills including contributing ideas in a larger group	Developing confidence to contribute to a larger group; attending assemblies more regularly including celebration assemblies Making healthy choices; what do we need to eat and drink to keep ourselves healthy?	Learning about different emotions; what feelings do we have? What does this look and feel like? What can we do when we have these feelings?
<b>Summer term</b>	Finding out about the jobs people do in our local community; sharing aspirations for the future	Sun safety- how to keep ourselves safe in the sun and hot weather Water safety- keeping ourselves safe around water on holiday and at home How does exercise keep us healthy? What effect does exercise have on our bodies?	Transition to new class; what do we need to remember when we go to our new class? What do we want our new teacher to know about us? Developing rules for our new class

Year 1	Theme 1- health and wellbeing	Theme 2- relationships	Theme 3- living in the wider world
Autumn term	<p>Online safety (ongoing) NSPCC 'speak out stay safe' Learning about feelings both good and bad and what we can do when we have these feelings Protective behaviours; naming our external body parts Why do we need to keep our selves healthy? What things do healthy people do every day? What can we do to keep our teeth healthy? Learning about good oral hygiene</p>	<p>Protective behaviours; safe and unsafe touches. Respecting that not everyone likes to be touched and learning who to tell if experiencing unsafe touch Anti-bullying week What is different and what is similar between me and my friends? Learning to celebrate similarities and differences and that everyone is unique and special</p>	<p>Learning about school and class rules and why they are important Rights and responsibilities; how can we care for other people/our friends/animals? Does everyone in our class/school have the same needs? How can we meet individual people's needs?</p>
Spring term	<p>Safer internet day; keeping ourselves and others safe online. Block it, flag it messages Can boys and girls do the same things? Discussing gender differences and stereotypes Growth mind set; being in the 'dip' and the power of yet. How have we changed since we were babies? What can we do now that we didn't do before?</p>	<p>Healthy relationships; important, special people in our lives both at home and at school. How do they help us? How can we help other people?</p>	<p>Road safety (Warwickshire Road safety club)- keeping ourselves safe when out in the community Learning about jobs people in our local community do and how they help other people.</p>
Summer term	<p>What do I want to get better at next year? What have I been really successful at this year?</p>	<p>Giving thanks; gratitude Learning about being hurt; physical hurt and emotional hurt. How does it feel if someone hurts your feelings? What can we do about it?</p>	<p>Looking after the local environment; litter picking, discussing why we need to look after our environment and what things damage our environment Discussing our aspirations for when we are older</p>

Year 2	Theme 1- health and wellbeing	Theme 2- relationships	Theme 3- living in the wider world
<b>Autumn term</b>	<p>Online safety (ongoing) NSPCC 'speak out stay safe' Setting goals for the year- what am I good at? What do I need to get better at? How do I set goals for myself for this year both at home and at school? Healthy diet- why do we need to eat a balanced diet? How can we keep ourselves healthy? Oral health- why do I need to go to the dentist? Which foods aren't healthy for my teeth?</p>	<p>Protective behaviours- identifying potential unsafe situations and what we can do to help ourselves Anti-bullying week- what is bullying? How does it feel to be bullied? What can we do if we feel we are being bullied?</p>	<p>Eco-council elections; what can we do as a school to look after our environment better? Learning the class and school rules and why they are important; rights and responsibilities at school</p>
<b>Spring term</b>	<p>Safer Internet day- learning to keep ourselves safe online Feelings; what feelings do we have? How can we manage these feelings?</p>	<p>Learning about what is 'fair' and 'right' and how our behaviour can affect the way someone else feels Learning to share views with others and listen to others views respectfully Collaboration- how can we work with other collaboratively in a small/large group?</p>	<p>Identifying groups and communities we belong to e.g. school, family, faith communities etc. How does it feel to be part of a group? How can we make sure everyone feels included in a group? Can boys and girls do the same things? Learning about and discussing gender myths and stereotypes</p>
<b>Summer term</b>	<p>Fire safety Change and loss; Badger's parting gifts and Grandpa as key texts Learning about growing and changing; how have we changed since we were in Nursery? How does it feel to be changing schools?</p>	<p>Transition to new schools; making new friends Developing resilience; how can we help ourselves when something is hard and we feel like giving up?</p>	<p>Fundraising for charity; choosing a charity and method of raising money for the chosen charity Road safety (Warwickshire Road Safety Club) Visiting new schools and showing new EYFS children around our school</p>

