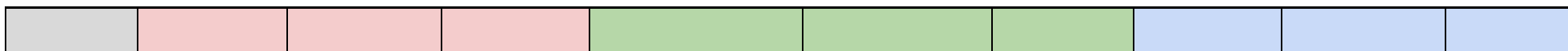


## WEINS PSHE Curriculum Planning Overview

Term	Autumn	Spring	Summer
Core Theme	Relationships	Health and Wellbeing	Living in the Wider World

Topics	<u>Healthy Relationships</u>	<u>Feelings and emotions</u>	<u>Valuing difference</u>	<u>Growing and changing</u>	<u>Healthy lifestyles</u>	<u>Keeping safe</u>	<u>Rights and responsibilities</u>	<u>Environment</u>	<u>Transitions</u>
<b>Rec</b>	<i>Families</i> <i>People who care for me</i>	Talking about how I feel Learning about <i>caring friendships</i>	Knowing about similarities and differences in others Learning about <i>relationships</i>	How have I changed and grown? Learning about new things I can achieve  <i>Knowing my body</i> and how it belongs to me	<i>Being healthy</i> How can we keep our body healthy?  What things might be unhealthy for us?	<i>Keeping myself safe</i>  <i>Being safe online</i>	Learning about different cultures and rules/routines within these	Recognising how to be eco-friendly and <i>look after our environment</i>	How will things change when we move to Y1? <i>Mental wellbeing</i>
<b>Year 1</b>	New Beginnings Special people in their lives  <i>'Being a good friend'</i>  Keeping safe	Recognising feelings in self and others  Sharing feelings	<i>'It's good to be me'</i>  Respecting similarities and differences in others	Recognising what they are good at  Setting achievable goals <i>'Trying to be my very best'</i>	<i>'Healthy me, happy me'</i>  What helps keep our bodies healthy  Hygiene routines	Keeping safe around household products How to ask for help if they are worried about something	Group/class rules Everyone is unique in some ways and the same in others	Looking after our environment and keeping safe Protecting our environment (being eco-friendly)	Growing up and moving forward Managing change in relation to school (moving into a new class)
<b>Year 2</b>	New Beginnings Listening to others and playing cooperatively <i>'Being a good friend'</i>	Sharing our feelings positive or negative Recognising behaviour and that feelings/bodies can be hurt	<i>'It's ok to be me'</i> Respecting similarities and differences in others	Growing and changing. Becoming more independent Setting goals to be successful <i>'Trying to be my very best'</i>	<i>'Healthy me, happy me'</i> Making healthy choices What a healthy lifestyle looks like	Keeping safe in different situations Knowing how to ask for help Privacy in different contexts	Respecting own and other's needs Recognising groups/communities they belong to Getting help in an emergency	Looking after our environment inside and outside school Protecting our environment understanding why this is important	Managing changes - move to junior school Talking about feelings about it and strategies



**Key Questions to use in a circle time session or as a starting point for your PSHE lessons:**

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Rec</b>	What is a family?  Who is in your family?	What does a caring friendship look like?	What does being healthy look like?  What does unhealthy look like?	How can we keep you safe?  How can you keep yourself safe?	What religions/cultures do we have in our class?  What makes us special?	How can we look after our environment?
<b>Year 1</b>	How do you feel?	How do we decide how to behave?	What makes us healthy?	What ways can we stay healthy?	What makes us special/unique?	How do we keep ourselves safe?
<b>Year 2</b>	What is a good friend? What makes a good online friend?	What is bullying?  What ways can we ensure we protect each other from bullying?	What ways can we have a healthy lifestyle?	What is the same about us and what is different about us?	How can we keep ourselves safe inside/outside school?	How do we feel about the transition of moving to junior school?

## **PSHE Learning Objectives for each term**

Reception:

### **Autumn Term**

#### **Core Theme 1: Relationships**

##### **Learning Objectives:**

*To know what the word family means and what constitutes a family*

*To be able to name the people in my family*

*To be able to name people who care for me*

*To talk about the way I feel*

*To talk about what a relationship looks like and describe relationships in my life.*

### **Spring Term:**

#### **Core Theme 2: Health and Wellbeing**

##### **Learning Objectives:**

*To understand that we change as we grow*

*To name some changes that I have experienced already*

*To know the names of my body parts*

*To know what being healthy/unhealthy means*

*To name ways I can stay safe.*

### **Summer Term**

#### **Core Theme 3: Living in the wider world**

##### **Learning Objectives:**

*To learn about different cultures and religions*

*To name my own religion/culture*

*To name ways to look after our environment.*

Year 1:

### **Autumn Term**

#### **Core Theme 1: Relationships**

##### Learning Objectives:

*To know and talk about special people in my life*

*To talk about what a good friend is*

*To name ways of keeping myself and others safe*

*To recognise and name my feelings*

*To recognise and explain how I am similar/different from my friend.*

### **Spring Term:**

#### **Core Theme 2: Health and Wellbeing**

##### Learning Objectives:

*To be able to talk about what I am good at*

*To be able to set a goal for myself with support*

*To know what is healthy/unhealthy for me*

*To name ways we can be clean and hygienic*

*To name harmful household products*

*To know who I can talk to if I am worried about something.*

### **Summer Term**

#### **Core Theme 3: Living in the wider world**

##### Learning Objectives:

*To be able to say what makes me unique*

*To be able to talk about what makes my friend unique*

*To name ways to keep my environment safe*

*To talk about what it means to be 'eco-friendly'*

*To talk about how I feel about moving into a new class.*

Year 2:

### **Autumn Term**

#### **Core Theme 1: Relationships**

##### Learning Objectives:

*To know what it means to be a 'good friend'*

*To be able to describe what it looks like to be a 'good friend'*

*To recognise that our behaviour can affect others*

*To know what being fair/unfair is and be able to describe this (or kind/unkind, right/wrong)*

*To understand that we are all different and have different strengths/talents*

### **Spring Term:**

#### **Core Theme 2: Health and Wellbeing**

##### Learning Objectives:

*To be able to set myself an achievable goal*

*To learn how to make good choices to improve my physical and emotional health*

*To be able to make healthy lifestyle choices*

*To know and discuss different feelings or emotions*

*To know about different strategies to manage our feelings*

*To know how to keep myself and others safe in different situations.*

### **Summer Term**

#### **Core Theme 3: Living in the wider world**

##### Learning Objectives:

*To know how I can contribute to the life of my classroom/school*

*To help construct and follow class rules*

*To understand that we have rights and a responsibility to protect these*

*To understand that we belong to different groups/communities*

*To know how to keep ourselves and our environment safe*

*To be able to talk about changes in my life in a positive way.*