

# PSHE Curriculum Map

## EYFS

Unit and Term	Skills to be covered What should the children be able to do?	Knowledge to be covered What should the children know?	Vocabulary
<p><b>Autumn Term</b> Being me in my world ■ Autumn 1...</p> <p>Celebrating Differences ■ Autumn 2...</p>	<p>Introduction of Learning Behaviours ; Winnie the pooh - Respectful, Kanga - Responsible, Tigger - Resilient, Piglet - ready to learn , Owl - Resourceful , Rabbit - Relationships, Eeyore - Reasoning .</p> <p>I am beginning to understand which behaviour is related to which character and to emulate that behaviour.</p> <p>I understand how it feels to belong and that we are similar and different</p> <p>I can start to recognise and manage my feelings</p> <p>I enjoy working with others to make school a good place to be</p> <p>I understand why it is good to be kind and use gentle hands</p> <p>I am starting to understand children's rights and this means we should all be allowed to learn and play</p> <p>I am learning what being responsible means</p> <p>I can identify something I am good at and understand everyone is good at different things</p> <p>I understand that being different makes us all special</p> <p>I know we are all different but the same in some ways</p> <p>I can tell you why I think my home is special to me</p> <p>I can tell you how to be a kind friend</p> <p>I know which words to use to stand up for myself when someone says or does something unkind</p>	<p>Help other to feel welcome</p> <p>Try to make our community a better place</p> <p>Think about everyone's right to learn</p> <p>Care about other people's feelings</p> <p>Work well with others</p> <p>Choose to follow the Learning Charter</p> <p>Accept that everyone is different</p> <p>Include others when working and playing</p> <p>Know how to help if someone is being bullied</p> <p>Try to solve problems</p> <p>Try to use kind words</p> <p>Know how to give and receive compliments</p>	<p>same, similar, different, difference, kindness</p> <p>Family, Love, Friendship</p> <p>Truth, Sharing</p> <p>Interests, Manners, Feelings</p> <p>Respect</p> <p>Respectful, Responsible, Resilient, Reasoning, Relationships, Reasoning</p>
<p><b>Spring Term</b> Dreams and Goals ■ Spring 1 - ...</p> <p>Healthy Me</p>	<p>I understand that if I persevere I can tackle challenges</p> <p>I can tell you about a time I didn't give up until I achieved my goal</p> <p>I can set a goal and work towards it</p> <p>I can use kind words to encourage people</p> <p>I understand the link between what I learn now and the job I might like to do when I'm older</p> <p>I can say how I feel when I achieve a goal and know what it means to feel proud</p> <p>I understand that I need to exercise to keep my body healthy</p>	<p>Stay motivated when doing something challenging</p> <p>Keep trying even when it is difficult</p> <p>Work well with a partner or in a group</p> <p>Have a positive attitude</p> <p>Help others to achieve their goals</p> <p>Are working hard to achieve their own dreams and goals</p> <p>Have made a healthy choice</p>	<p>dream, goal, hope, aspiration</p> <p>new year</p> <p>healthy, mindful, mental health</p>

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<p>Spring 2 - ...</p>	<p>I understand how moving and resting are good for my body          I know which foods are healthy and not so healthy and can make healthy eating choices          I know how to help myself go to sleep and understand why sleep is good for me          I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet          I know what a stranger is and how to stay safe if a stranger approaches me</p>	<p>Have eaten a healthy, balanced diet          Have been physically active          Have tried to keep themselves and others safe          Know how to be a good friend and enjoy healthy friendships          Know how to keep calm and deal with difficult situations</p>	
<p>Summer Term  <a href="#">Relationships</a>   <a href="#">Changing Me</a></p>	<p>I can identify some of the jobs I do in my family and how I feel like I belong          I know how to make friends to stop myself from feeling lonely          I can think of ways to solve problems and stay friends          I am starting to understand the impact of unkind words          I can use Calm Me time to manage my feelings</p> <p>I can name parts of the body          I can tell you some things I can do and foods I can eat to be healthy          I can express how I feel about moving to Year 1          I can talk about my worries and/or the things I am looking forward to about being in Year 1          I can share my memories of the best bits of this year in Reception</p>	<p>I know how to make friends to stop myself from feeling lonely          I know how to be a good friend</p> <p>Understand that everyone is unique and special          Can express how they feel when change happens          Understand and respect the changes that they see in myself and others          Know who to ask for help if they are worried about change          Are looking forward to change</p>	<p>relationship, mother, father, brother, sister, grandparent          Emotions, Silly, Grumpy, Scared, Brave, Lonely, Crying, Happy, Sad, Cheer, Kind</p> <p>baby, toddler, teenager, adult,</p>

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## Year 1

Unit and Term	Skills to be covered What should the children be able to do?	Knowledge to be covered What should the children know?	Vocabulary
<p><b>Autumn Term</b> <a href="#">Being Me</a></p> <p><a href="#">Celebrating Differences</a></p>	<p>Learning Behaviours ; Winnie the pooh - Respectful, Kanga - Responsible, Tigger - Resilient, Piglet - ready to learn , Owl - Resourceful , Rabbit - Relationships, Eeyore - Reasoning</p> <p>I understand which behaviour is related to which character and am encouraged to emulate that behaviour.</p> <p>I can recognise the choices I make and understand the consequences</p> <p>I feel special and safe in my class</p> <p>I recognise how it feels to be proud of an achievement</p> <p>I can identify similarities/differences between people in my class</p> <p>I can tell you some ways I am similar to/different from my friends</p> <p>I can be kind to children who are bullied</p> <p>I know how it feels to make a new friend</p>	<p>I understand the rights and responsibilities as a member of my class</p> <p>I know my views are valued and can contribute to the Learning Charter</p> <p>I know how to make my class a safe place for everybody to learn</p> <p>I can tell you what bullying is</p> <p>I know some people who I could talk to if I was feeling unhappy or being bullied</p> <p>I know how to make new friends</p> <p>I understand how being bullied might feel</p> <p>I understand these differences make us all special and unique</p>	<p>same, similar, different, difference, kindness</p> <p>rights, responsibilities Learning Charter safe, bullying</p> <p>Respectful, Responsible, Resilient, Reasoning, Relationships, Reasoning</p>
<p><b>Spring Term</b> <a href="#">Dreams and Goals</a></p> <p><a href="#">Healthy Me</a></p>	<p>I can tell you about a thing I do well</p> <p>I can tell you how I learn best</p> <p>I can identify how I feel when I am faced with a new challenge</p> <p>I can set a goal and work out how to achieve it</p> <p>I understand the difference between being healthy and unhealthy</p> <p>I feel good about myself when I make healthy choices</p> <p>I am special so I keep myself safe</p> <p>I can recognise when I feel frightened and</p>	<p>I understand how to work well with a partner</p> <p>I know how I feel when I see obstacles and how I feel when I overcome them</p> <p>I know how to store the feelings of success in my internal treasure chest</p> <p>I know some ways to keep myself healthy</p> <p>I know how to keep myself clean and healthy, and understand how germs cause disease/illness</p> <p>I understand that medicines can help me if I feel poorly and I know how to use them safely</p> <p>I know how to keep safe when crossing the road, and about people</p>	<p>dream, goal, hope, aspiration new year</p> <p>healthy, mindful, mental health illness, disease hygienic</p>

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	<p>know who to ask for help I can recognise how being healthy helps me to feel happy</p>	<p>who can help me to stay safe</p>	
<p><b>Summer Term</b> <a href="#">Relationships</a></p>	<p>I can identify the members of my family and understand that there are lots of different types of families I can identify what being a good friend means to me I can recognise my qualities as person and a friend I can express how I feel about them</p>	<p>I know appropriate ways of physical contact to greet my friends and know which ways I prefer I know who can help me in my school community I know how it feels to belong to a family and care about the people who are important to me</p>	<p>relationship, mother, father, brother, sister, grandparent</p>
<p><a href="#">Changing Me</a></p>	<p>I can tell you some things about me that have changed and some things about me that have stayed the same I can tell you how my body has changed since I was a baby I can identify the parts of the body that make boys different to girls and can use the correct names for these: I can tell you about changes that have happened in my life</p>	<p>I am starting to understand the life cycles of animals and humans I understand that changes happen as we grow and that this is OK I understand that growing up is natural and that everybody grows at different rates I respect my body and understand which parts are private</p>	<p>penis, testicles, vagina, vulva, anus</p>

# PSHE Curriculum Map

## Year 2

Unit and Term	Skills to be covered What should the children be able to do?	Knowledge to be covered What should the children know?	Vocabulary
<p><b>Autumn Term</b> <a href="#">Being Me</a></p> <p><a href="#">Celebrating Differences</a></p>	<p>Learning Behaviours ; Winnie the pooh - Respectful, Kanga - Responsible, Tigger - Resilient, Piglet - ready to learn , Owl - Resourceful , Rabbit - Relationships, Eeyore - Reasoning</p> <p>I understand which behaviour is related to which character and am encouraged to emulate that behaviour. I can identify some of my hopes and fears for this year I can listen to other people and contribute my own ideas I can recognise the choices I make and understand the consequences I can help to make my class a safe and fair place I can work cooperatively</p> <p>I can recognise what is right and wrong and know how to look after myself I can tell you some ways I am different from my friends</p>	<p>I understand the rights and responsibilities for being a member of my class and school I understand how following the Learning Charter will help me and others learn I recognise when I feel worried and know who to ask for help</p> <p>I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) I understand that bullying is sometimes about difference I understand that it is OK to be different from other people and to be friends with them I understand some ways in which boys and girls are similar/different and feel good about this I know how to get help if I am being bullied I understand we shouldn't judge people if they are different.</p>	<p>rights, responsibilities Learning Charter consequence choice</p> <p>same, similar, different, judge difference, kindness</p> <p>Respectful, Responsible, Resilient, Reasoning, Relationships, Reasoning</p>
<p><b>Spring Term</b> <a href="#">Dreams and Goals</a></p> <p><a href="#">Healthy Me</a></p>	<p>I can choose a realistic goal and think about how to achieve it I carry on trying (persevering) even when I find things difficult</p> <p>I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy I can make some healthy snacks and explain why they are good for my body I can tell you when a feeling is weak and when a</p>	<p>I can tell you some ways I worked well with my group I can tell you things I have achieved and say how that makes me feel I can tell you some of my strengths as a learner I can tell you how working with other people helps me learn</p> <p>I know what I need to keep my body healthy I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed I understand how medicines work in my body and how important it is to use them safely</p>	<p>dream, goal, hope, aspiration new year healthy, mindful, mental health</p> <p>protein, carbohydrate, vitamins &amp; minerals medicine healthy</p>

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	<p>feeling is strong I have a healthy relationship with food and know which foods I enjoy the most</p>		
<p><b>Summer Term</b> <a href="#">Relationships</a></p>	<p>I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate I can identify some of the things that cause conflict with my friends I recognise and appreciate people who can help me in my family, my school and my community I accept that everyone's family is different and understand that most people value their family</p>	<p>I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret I understand how it feels to trust someone</p>	<p>relationship, mother, father, brother, sister, grandparent family secret, trust physical contact</p>
<p><a href="#">Changing Me</a></p>	<p>I can recognise cycles of life in nature I can tell you about the natural process of growing from young to old and understand that this is not in my control I can recognise the physical differences between boys and girls, use the correct names for parts of the body and appreciate that some parts of my body are private I can identify what I am looking forward to when I move to my next class I can identify people I respect who are older than me I feel proud about becoming more independent I am confident to say what I like and don't like and can ask for help</p>	<p>I understand there are different types of touch and can tell you which ones I like and don't like I understand there are some changes that are outside my control and can recognise how I feel about this</p>	<p>penis, anus, testicles, vagina, vulva</p>