

2. Whole School Coverage – PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p>Being me in my world</p> <p>Develop their sense of responsibility.</p> <p>Increasingly follow rules, understanding why they are important.</p> <p>Identify and moderate their own feelings socially and emotionally.</p>	<p>Celebrating differences</p> <p>Think about the perspectives of others.</p> <p>See themselves as a valuable individual.</p>	<p>Dreams and Goals</p> <p>Show resilience and perseverance in the face of challenge.</p> <p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;</p>	<p>Healthy me</p> <p>Manage their own personal hygiene needs.</p> <p>Know and talk about the different factors that support their overall health and wellbeing.</p>	<p>Relationships</p> <p>Build constructive and respectful relationships.</p> <p>Think about the perspectives of others.</p> <p>Show sensitivity to their own and to others' needs.</p>	<p>Changing me</p> <p>Think about the perspectives of others.</p> <p>Show sensitivity to their own and to others' needs.</p> <p>See themselves as a valuable individual.</p>
Year 1	<p>Being me in my world</p> <p>To explain why my class is a happy and safe place to learn.</p> <p>Give different examples where I or others make my class happy and safe.</p>	<p>Celebrating differences</p> <p>To identify similarities and differences- linking our knowledge to how we are all unique.</p> <p>To understand what bullying is and who to speak to if we see or experience bullying.</p>	<p>Dreams and Goals</p> <p>To explain how I feel when I am successful and how this can be celebrated positively.</p> <p>To explain what helped me to succeed in a learning challenge and explain how this made me feel.</p>	<p>Healthy me</p> <p>To explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.</p> <p>To give examples of when being healthy can help me feel happy.</p>	<p>Relationships</p> <p>To explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. To explain how my qualities help these relationships.</p> <p>To give examples of behaviour in other people that I appreciate and behaviours that I don't like.</p>	<p>Changing me</p> <p>To compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older.</p> <p>To use the correct names for penis, testicles, anus, vagina, and give reasons why they are private.</p> <p>To explain why some changes I might experience might feel better than others.</p>
Year 2	<p>Being me in my world</p> <p>To explain why my behaviour can impact on other people in my class.</p> <p>To compare my own and my friends' choices and can express why some choices are better than others.</p>	<p>Celebrating differences</p> <p>To explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.</p> <p>To explain how it feels to have a friend and be a friend.</p> <p>To explain why it is ok to be different from my friends.</p>	<p>Dreams and Goals</p> <p>To explain how I played my part in a group and the parts other people played to create an end product. To explain how our skills complemented each other.</p> <p>To explain how it felt to be part of a group and can identify a range of feelings about group work.</p>	<p>Healthy me</p> <p>To explain why foods and medicines are good for my body comparing my ideas with less healthy/ unsafe choices.</p> <p>To compare my own and my friends' choices and can express how it feels to make healthy and safe choices.</p>	<p>Relationships</p> <p>To explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.</p> <p>To give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.</p>	<p>Changing me</p> <p>To use the correct terms to describe penis, testicles, anus, vagina and explain why they are private.</p> <p>To explain why some types of touches feel OK and others don't.</p> <p>To tell you what I like and don't like about being a boy/girl and getting older, and recognise that other people might feel differently to me.</p>