

EYFS & KS1 Year Groups

Subject - PSHE

Nursery	Reception	Year 1	Year 2
<ul style="list-style-type: none"> • Develop their sense of responsibility and membership of a community. • Find solutions to conflicts. • Follow rules and understand why they are important. • Talk about their feelings using words like 'happy, sad, angry or worried.' • Understand gradually how others might be feeling. 	<ul style="list-style-type: none"> • Build constructive and respectful relationships. • Express their feelings and consider the feelings of others. • Identify and moderate their own feelings socially and emotionally. • Think about the perspectives of others. <p>ELG</p> <ul style="list-style-type: none"> • 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. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • 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 	<ul style="list-style-type: none"> • <u>What is the same and different about us?</u> Recognise what they are good at; set simple goals; growing; and changing and being more independent; naming body parts correctly (including external genitalia); belonging to different groups. • <u>Who is special to us?</u> Respecting similarities and differences between people; special people; that everyone is unique; but that everyone has similarities • <u>What helps us stay healthy?</u> Things that keep bodies and minds healthy (activity, rest, food); hygiene routines; healthy choice. • <u>What can we do with money?</u> Where money comes from; spending; saving; keeping money safe • <u>Who helps to keep us safe?</u> Keeping safe in familiar and unfamiliar situations; household products (including medicines) can 	<ul style="list-style-type: none"> • <u>What makes a good friend?</u> How to make friends with others and recognise when they feel lonely and what they could do about it. How people behave when they are being friendly and what makes a good friend. How to resolve arguments and ask for help. • <u>What is bullying?</u> Hurtful teasing and bullying is wrong, what to do about bullying; unsafe secrets; inappropriate touch what to do if it happens. • <u>What jobs do people do?</u> What is meant by stereotypes; what it means to be enterprising; working collaboratively to the shared goals; recognise achievements and set targets • <u>What helps us to stay safe?</u> How rules and restrictions help them to keep safe (e.g. basic road, fire, cycle, water safety and online). How to identify risky and potentially unsafe situations and

	<p>others' needs.</p> <ul style="list-style-type: none"> • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. 	<p>be harmful; secrets and surprises; appropriate/inappropriate touch; who helps keep us safe; asking for help</p> <ul style="list-style-type: none"> • <u>How can we look after each other and the world?</u> How kind and unkind behaviour can affect others. How people and animals need to be looked after and cared for including the environment. How people grow and change. 	<p>how to avoid or remove themselves from them</p> <ul style="list-style-type: none"> • <u>What helps us grow and stay healthy?</u> Things that keep bodies and minds healthy (activity, rest, food); hygiene routines; healthy choice. • <u>How do we recognise our feelings?</u> Different kinds of feelings; strategies to manage feelings; change and loss; recognising how others are feeling; sharing feelings.
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Nursery	Reception	Year 1- PSHE Association	Year 2-PSHE Association
<ul style="list-style-type: none"> • School rules and classroom rules- use of picture cards to support. • Use stories to discuss feelings (happy and sad) encouraging children to talk about why they are feeling this way. • Class jobs- e.g. give out milk, tidying up. 	<ul style="list-style-type: none"> • School rules and classroom rules- use of picture cards to support. • Use stories to discuss feelings. • Develop vocabulary to describe feelings (excited, nervous, worried, surprised). • Adults scaffold children to support conflicts amongst peers. • Sorting healthy and unhealthy foods- creating a healthy lunchbox. 	<ul style="list-style-type: none"> • PSHE Association – Inclusion, belonging and addressing extremism, ‘Sameness and difference’ • ‘Everybody’s body’ - naming parts of the body including external genitalia • NSPCC – The underwear rule resources (PANTS) • FPA – Growing up with Yasmine and Tom (5-7), Different families • 1 decision -Keeping/staying healthy 	<ul style="list-style-type: none"> • FPA – Growing up with Yasmine and Tom - Friendships and feelings • 1 decision - Relationships • Thinkuknow: Jessie and Friends • 1 decision – Computer safety/ Hazard watch • PSHE Association – Drug and Alcohol Education (• 1 decision -Keeping/staying healthy • PSHE Association - Dental Health • PSHE Association - The Sleep Factor • PSHE Association – Mental health and wellbeing lessons • 1 decision – Feelings and emotions Winston’s Wish – Loss and bereavement

		<ul style="list-style-type: none">● FPA – Growing up with Yasmine and Tom - Keeping clean and taking care of myself● PSHE Association - Dental Health● PSHE Association – Drug and Alcohol Education Lifebuoy - ‘Soaper Heroes’● 1decision – Money matters● Experian - Values, Money and Me● 1 decision – Keeping/staying safe● FPA – Growing up with Yasmine and Tom (Keeping safe)● Medway Public Health Directorate - Primary RSE , ‘Growing up: the human life cycle’● 1 decision - Being responsible● Alzheimer’s Society -Creating a dementia-friendly generation● Experian - Values, Money and Me	
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