
























PSHE & RSE School Overview

Responsibility Resilience Independence Curiosity Respect Kindness Honesty Self-belief

PSHE & R	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
F1	<p>Me and My Relationships</p> <ul style="list-style-type: none"> -Marvellous me -Im special -People who are special to me <p>Oral hygiene, Handwashing, Class rules</p> 	<p>Valuing Difference</p> <ul style="list-style-type: none"> -me and my friends -Friends and family -Including everyone <p>Independence: selecting and putting back own belongings</p> 	<p>Keeping safe</p> <ul style="list-style-type: none"> -People who help me and keep me safe - safety indoors and outdoors -whats safe to go in my body <p>SMART rules Class rules</p> 	<p>Rights and respect</p> <ul style="list-style-type: none"> - looking after myself, others and the environment <p>Healthy Eating</p> 	<p>Being my best</p> <ul style="list-style-type: none"> - What does my body need? - I can keep trying - I can do it <p>Importance of exercise Taking care of animals</p> 	<p>Growing and Changing</p> <ul style="list-style-type: none"> - Growing and changing in nature - When I was a baby - Boys, girls and families <p>Transition into F2 School readiness</p> 
F2	<p>Me and My Relationships</p> <ul style="list-style-type: none"> -All about me -What makes me special - Me and my special people -Who can help me? -My feelings <p>Oral hygiene, Handwashing, Class rules</p> 	<p>Valuing Difference</p> <ul style="list-style-type: none"> -I'm special, you're special -Same and different/families and homes -I am caring -I am a friend <p>Independence: putting own socks and shoes on</p> 	<p>Keeping myself safe</p> <ul style="list-style-type: none"> -What's safe to go onto/into my body including medicines -safe indoors and outdoors -Listening to my feelings -Keeping safe online -People who help to keep me safe <p>SMART rules</p> 	<p>Rights and respect</p> <ul style="list-style-type: none"> -Looking after my special people and my friends Being helpful at home and caring for our classroom -Caring for our world -Looking after money <p>Healthy eating</p> 	<p>Being my best</p> <ul style="list-style-type: none"> -Bouncing back when things go wrong Yes I can -Healthy eating My healthy mind Move your bod -A good nights sleep <p>Importance of exercise Taking care of animals</p> 	<p>Growing and changing</p> <ul style="list-style-type: none"> -seasons - Life stages plants, animals, humans Human life stage, who will I be? Where do babies come from? Getting bigger Me and my body, girls and boys <p>Transition into Year 1 Year 1 readiness</p> 

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Year 1	<p>Me and My Relationships Why we have classroom rules How are you listening? Thinking about feelings</p> 	<p>Valuing difference Same or different? Unkind, tease or bully? Harold's school rules It's not fair Who are our special people? Our special people balloons</p> 	<p>Keeping safe Super sleep Who can help? Good or bad touches? Sharing pictures What could Harold do? Harold loses Geoffrey</p> 	<p>Rights and respect Harold has a bad day Around and about the school Taking care of something Harold's Money How should we look after our money? Basic first aid</p> 	<p>Being my best I can eat a rainbow Eat well Harold's wash and brush up Catch it bin it kill it Harold learns to ride a bike Pass on the praise Inside my wonderful body</p> 	<p>Growing and changing Healthy me Then and now Taking care of a baby Who can help? Surprises and secrets Keeping privates private</p> 
Year 2	<p>Me and my relationships Our ideal classroom, How are you feeling today? Let's all be happy! Being a good friend, Types of Bullying, Don't do that, Bullying or Teasing</p> 	<p>Valuing Difference What makes us who we are? My special people, How do we make others feel? When someone is feeling left out, An act of kindness, solve the problem</p> 	<p>Keeping Safe Harold's Picnic, How safe would you feel? What should Harold say, I don't like that! Fun or not? Should I tell? CHILDREN'S MENTAL HEALTH WEEK/Wear your SCARF to school Day, 11th February</p> 	<p>Rights and respect Getting on with others, when I feel like erupting, feeling safe, playing games, Harold saves for something special, Harold goes camping, how can we look after our environment</p> 	<p>Being my best You can do it! My day, Harold's postcard – keeping us clean and healthy, Harold's bathroom, What does my body do? My body needs...basic first aid</p> 	<p>Growing and changing A helping hand, Sam moves away, haven't you grown, My body, your body, Respecting privacy, some secrets should never be kept</p> 