

PSHE curriculum overview

Foundation stage

Across the year children will:

- Learn how to understand their own feelings and those of others.
- Be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary.
- Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently.
- Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.

Year 1

Across the year children will:

- Learn about why having good relationships with family, friends and the wider community is important and how they should be positive relationships.
- Learn how to be a good friend and understand the role of respect in developing strong friendships with a wide variety of people.
- Learn about bullying, why people do this and how it makes people feel.
- Learn to keep themselves safe by: learning about privacy in relation to their bodies, understanding how to keep safe online and understanding that some substances may harm them, knowing how to make an emergency call.
- Learn how to keep physically and mentally healthy by taking part in regular exercise and rest.
- Learn that they will experience a range of different emotions and feelings and that these are all OK.
- Learn about change and what this can look like and what it means for them.
- Learn how to get support if they need it.

Year 2

Across the year children will:

- Learn about the characteristics of good relationships with family, friends and the wider community and how relationships can look different within these institutions.
- Learn about the characteristic of good friendships including how to take practical steps to show respect, and how to manage boundaries within friendships.
- Learn how to keep themselves safe by: learning about safe and unsafe touch, knowing the names of key parts of their bodies, learning clear rules about contact and behaviour online, to learn which household substances and medicines may harm them, knowing how to make an emergency call and how to give information clearly.
- Learn how to keep healthy by understanding what things, both positive and negative may affect their physical and mental health.
- Learn about a wide range of emotions and feelings, learn how to ask for support and help when needed and to begin to learn strategies for dealing with difficult emotions and feelings through YOYOB.

- Learn how to help people if they might be bullied, how to stand up to bullies and ask for help.
- Learn about how they may feel about, and how to cope with change and the emotions it may bring.
- Learn who to speak to if they have any concerns about anything that is happening to them.

Additional PSHE activities:

Many themes will be addressed in KS1 and whole school assemblies over the year eg the specific theme for Anti-Bullying week, Mental health day, Internet safety and Road Safety.