

Reception					
					
Being me in my World	Being in my world with others	My relationship with me	My healthy body & healthy mind	My relationship with others	Changing me
<p>I can:</p> <p>Keep safe at school</p> <p>Say home I am feeling today</p> <p>Share & work as part of a team</p> <p>Celebrate my uniqueness</p>	<p>I can:</p> <p>Identify my strengths</p> <p>Talk about people that are special to me</p> <p>Think about what makes a good friend</p> <p>Have strategies to stand up for myself & my friends</p>	<p>I can:</p> <p>Keep going when I find things tricky</p> <p>Set simple goals to help me get better at something</p> <p>Support my friends</p> <p>Share my dreams & wishes</p>	<p>I can:</p> <p>Understand how exercise benefits my body</p> <p>Sort healthier/ less-healthy food choices</p> <p>Understand that sleep is important for me</p> <p>Keep my body clean</p> <p>Recognise my safe adults</p>	<p>I can:</p> <p>Make new friend</p> <p>Use kind words</p> <p>Begin to resolve conflicts with others</p> <p>Use different tools to help myself to feel calm when I am angry or upset</p>	<p>I can:</p> <p>Label body parts</p> <p>Respect my body</p> <p>Recognise how I change as I grow up</p> <p>Talk about my worries</p> <p>Celebrate my year</p>



Curriculum Overview: PSHE



Year 1					
					
My Relationship with Me:	My relationship with others	My healthy body & healthy mind	Looking after my health around others	Being me in my world	Being with others in the world/ changes
<p>I can:</p> <p>Listen to others</p> <p>Play cooperatively</p> <p>Recognise & name feelings</p> <p>Demonstrate kind behaviour</p>	<p>I can:</p> <p>Celebrate my uniqueness</p> <p>Make friends</p> <p>Listen to other people</p> <p>Play & work cooperatively</p> <p>Talk about my family</p>	<p>I can:</p> <p>Share things that I like about me</p> <p>Talk about the different groups I belong to</p> <p>Recognise different people from our community</p> <p>Make healthier choices</p>	<p>I can:</p> <p>Identify risks at home</p> <p>Identify risks outside of the home</p> <p>Cross the road safely with an adult</p> <p>Respect other people's boundaries</p>	<p>I can:</p> <p>Think about ways to care for living things</p> <p>Identify people with different responsibilities in school</p> <p>Keep my money safe</p> <p>Make a plan for spending/ saving</p>	<p>I can:</p> <p>Show care for living things</p> <p>Look after the environment</p> <p>Identify how animals/ humans change as they grow</p> <p>Name the main parts of the body (including external genitalia)</p> <p>Recognise</p>

Curriculum Overview: PSHE

			Say no if I feel uncomfortable		Prepare for change (moving to year 2)
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Year 2					
					
My relationship with me	My relationship with others	My healthy body & healthy mind	Being in the world with others	Being me in my world	Looking after my health around others
<p>I can:</p> <p>Notice how different emotions feel in my body</p> <p>Recognise how my behaviour can impact on others</p> <p>Advocate for my personal space</p>	<p>I can:</p> <p>Use a range of words to describe my feelings</p> <p>Recognise how others might be feeling</p> <p>Resolve arguments positively</p>	<p>I can:</p> <p>Identify healthy/less healthy food choices</p> <p>Find a physical activity I enjoy</p> <p>Recognise the importance of playing outside/having screen breaks</p>	<p>I can:</p> <p>Help care for animals and other living things</p> <p>Help care for and protect the environment</p> <p>Tell the difference between a need & a want</p> <p>Look after my money</p>	<p>I can:</p> <p>Identify key people in my community</p> <p>Talk about my feelings</p> <p>Recognise my role at school and the community</p> <p>Think about how to make the community better</p>	<p>I can:</p> <p>Recognise risk in everyday situations</p> <p>Get help in an emergency</p> <p>Know the things we put on or in our bodies can affect us</p>

		Begin to manage big feelings I know when to ask for help with big feelings		Identify things that make me feel good	Identify how our needs change as we grow Use the correct anatomical names for male & female body parts Explore my feelings as I prepare to move key stage
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