

**PSHE**  
**Cycle 1**

	<b>Aut 1</b>	<b>Aut 2</b>	<b>Spr 1</b>	<b>Spr 2</b>	<b>Sum 1</b>	<b>Sum 2</b>
<b>N</b>	Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. Develop appropriate ways of being assertive.	Develop their sense of responsibility and membership of a community. Become more outgoing with unfamiliar people, in the safe context of their setting.	Show more confidence in new social situations. Play with one or more other children, extending and elaborating play ideas.	Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.	Increasingly follow rules, understanding why they are important. Remember rules without needing an adult to remind them.	Talk with others to solve conflicts. Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. Understand gradually how others might be feeling.
<b>F</b>	Starting school and learning school rules.	Build constructive and respectful relationships.	Express their feelings and consider the feelings of others.	Show resilience and perseverance in the face of challenge.	Identify and moderate their own feelings socially and emotionally.	Think about the perspectives of others. Manage their own needs. See themselves as a valuable individual.
	<b>Autumn</b> <b>Families and Friendships</b> <b>Safe relationships</b> <b>Respecting ourselves and others</b>		<b>Spring</b> <b>Belonging to a community</b> <b>Media literacy and digital resilience</b> <b>Money and Work</b>		<b>Summer</b> <b>Physical health and Mental Wellbeing</b> <b>Growing and Changing</b> <b>Keeping Safe</b>	
<b>1/2</b>	Y1: Roles of different people/families Y2: Making friends- feeling lonely and getting help	Y1: Recognising Privacy/ staying safe/ seeking permission. Y2: Fire Talk/Keeping Safe	Y1: Strengths and Interests/Jobs in the Community Y2: Belonging to a group, roles	Y1/2: Using the internet and digital devices, communicating online.	Y1: Keeping healthy, food and exercise, hygiene routines, sun safety. Y2: Why sleep is important, medicines and	Y2: Growing older, naming body parts  Y1/2: Moving class/year

			and responsibilities		keeping healthy, brushing teeth and managing feelings	and seaside safety rules
<b>3/4</b>	What makes a family? Personal boundaries Respectful behaviour	What makes a community? How data is shared and used Making decisions about money			Health choices and habits Personal strengths Risks and hazards	
<b>5/6</b>	Managing friendships and peer influence Physical contact and feeling safe Responding respectfully	Valuing diversity Evaluating media sources			Healthy sleep, sun safety and medicine Personal identity Keeping safe in different situations	

### Cycle 2

	<b>Aut 1</b>	<b>Aut 2</b>	<b>Spr 1</b>	<b>Spr 2</b>	<b>Sum 1</b>	<b>Sum 2</b>
<b>N</b>	Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. Develop appropriate ways of being assertive.	Develop their sense of responsibility and membership of a community. Become more outgoing with unfamiliar people, in the safe context of their setting.	Show more confidence in new social situations. Play with one or more other children, extending and elaborating play ideas.	Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.	Increasingly follow rules, understanding why they are important. Remember rules without needing an adult to remind them.	Talk with others to solve conflicts. Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. Understand gradually how others might be feeling.
<b>F</b>	Starting school and learning school rules.	Build constructive and respectful relationships.	Express their feelings and consider the feelings of others.	Show resilience and perseverance in the face of challenge.	Identify and moderate their own feelings socially and emotionally.	Think about the perspectives of others. Manage their own needs. See themselves as a valuable individual.
	<b>Autumn Families and Friendships Safe relationships</b>		<b>Spring Belonging to a community</b>		<b>Summer Physical health and Mental Wellbeing</b>	

	<b>Respecting ourselves and others</b>		<b>Media literacy and digital resilience Money and Work</b>		<b>Growing and Changing Keeping Safe</b>	
<b>1/2</b>	Y1: How behaviour affects others, manners  Y2: Recognising similarities and differences in ourselves, sharing	Y1/2: Managing secrets, resisting pressure and getting help	Y1/2: What rules are; Caring for others needs, looking after environment	Y1/2: Using the internet and digital devices, communicating online  Y2: Fire safety talk	Y1/2 Recognising what makes you unique and special.	Y1/2: How rules and age restrictions help us keep safe online.  Y2: Growing older, naming body parts, moving year group
<b>3/4</b>	Positive friendships Responding to hurtful behaviour Respecting differences		The value of rules and laws How the internet is used Different jobs and skills		Maintaining and balanced lifestyle Physical and emotional changes Medicines	
<b>5/6</b>	Attraction to others (Y6)		Protecting the environment How information online is targeted		Expressing opinions	