

Subject Coverage Document

Subject area: PSHE

Reception	Year 1	Year 2	Year 3	Year 4
<p>Communication and Language</p> <p>Personal, Social and Emotional Development</p> <p>Physical Development</p> <p>Understanding the World</p> <p><u>Communication and Language</u></p> <p>To eat independently and learning how to use a knife and fork</p> <p>Be increasingly independent in meeting their own care needs</p> <p>Making healthy choices about food, drink, activity and toothbrushing</p> <p><u>Personal, Social and Emotional Development</u></p> <p>-See themselves as a valuable individual</p> <p>-Build constructive and respectful relationships</p> <p>-Express their feelings and consider the feelings of others</p> <p>-Show resilience and perseverance in the face of challenge</p> <p>-Identify and moderate their own feelings socially and emotionally</p> <p>-Think about the perspective of others</p> <p>-Manage their own needs</p> <p><u>Physical Development</u></p> <p>-Know and talk about the different factors that support their over all health and wellbeing:</p> <p>Regular physical activity</p> <p>Healthy eating</p> <p>Toothbrushing</p> <p>Sensible amounts of 'screen time'</p> <p>having a good sleep routine</p> <p>being a safe pedestrian</p> <p>-Further develop the skills they need to manage the school day successfully:</p> <p>lining up and queuing</p> <p>mealtimes</p> <p>personal hygiene</p> <p><u>Understand the world</u></p> <p>-Talk about members of their immediate family and community</p>	<p><u>Autumn 1</u></p> <p>Being Me in My world</p> <p><u>Autumn 2</u></p> <p>Celebrating Difference</p> <p><u>Spring 1</u></p> <p>Dreams and Goals</p> <p><u>Spring 2</u></p> <p>Healthy me</p> <p><u>Summer 1</u></p> <p>Relationships</p> <p><u>Summer 2</u></p> <p>Changing Me</p> <p><u>Being Me in My World</u></p> <p>Feeling special and safe</p> <p>Being part of a class</p> <p>Rights and responsibilities</p> <p>Rewards and feeling proud</p> <p>Consequences</p> <p>Owning the learning charter</p> <p><u>Celebrating difference</u></p> <p>Similarities and difference</p> <p>Understanding bullying and knowing how to deal with it</p> <p>Making new friends</p> <p>Celebrating the difference in everyone</p> <p><u>Dreams and goals</u></p> <p>Setting goals</p> <p>Identifying successes and achievements</p> <p>Learning styles</p> <p>Working well and celebrating achievement with a partner</p> <p>Tackling new challenges</p> <p>Identifying and overcoming obstacles</p> <p>Feelings of success</p> <p><u>Healthy Me</u></p> <p>Keeping myself healthy</p> <p>Healthier lifestyle choices</p> <p>Keeping clean</p> <p>Being safe</p> <p>Medicine safety/safety with household items</p> <p>Road safety</p> <p>Linking health and happiness</p>	<p><u>Autumn 1</u></p> <p>Being Me in My world</p> <p><u>Autumn 2</u></p> <p>Celebrating Difference</p> <p><u>Spring 1</u></p> <p>Dreams and Goals</p> <p><u>Spring 2</u></p> <p>Healthy me</p> <p><u>Summer 1</u></p> <p>Relationships</p> <p><u>Summer 2</u></p> <p>Changing Me</p> <p><u>Being Me in My World</u></p> <p>Hopes and fears of the year</p> <p>Rights and responsibilities</p> <p>Rewards and consequence</p> <p>Safe and fair learning</p> <p>Environment</p> <p>Valuing contributions</p> <p>Choices</p> <p>Recognising feelings</p> <p><u>Celebrating difference</u></p> <p>Assumptions and stereotypes about gender</p> <p>Understanding bullying</p> <p>Standing up for self and others</p> <p>Making new friends</p> <p>Gender diversity</p> <p>Celebrating difference and remaining friends</p> <p><u>Dreams and Goals</u></p> <p>Achieving realistic goals</p> <p>Perseverance</p> <p>Learning strengths</p> <p>Learning with others</p> <p>Group co-operation</p> <p>Contributing to and sharing success</p> <p><u>Healthy Me</u></p> <p>Motivation</p> <p>Healthier choices</p> <p>Relaxation</p> <p>Healthy eating and nutrition</p> <p>Healthier snacks and sharing food</p>	<p><u>Autumn 1</u></p> <p>Being Me in My world</p> <p><u>Autumn 2</u></p> <p>Celebrating Difference</p> <p><u>Spring 1</u></p> <p>Dreams and Goals</p> <p><u>Spring 2</u></p> <p>Healthy me</p> <p><u>Summer 1</u></p> <p>Relationships</p> <p><u>Summer 2</u></p> <p>Changing Me</p> <p><u>Being Me in My World</u></p> <p>Setting personal goals</p> <p>Self-identity and worth</p> <p>Positivity in challenges</p> <p>Rules, rights and responsibilities</p> <p>Rewards and consequences</p> <p>Responsible choices</p> <p>Seeing things from others' perspectives</p> <p><u>Celebrating difference</u></p> <p>Families and their differences</p> <p>Family conflict and how to manage it</p> <p>Witnessing bullying and how to solve it</p> <p>Recognising how words can be hurtful</p> <p>Giving and receiving compliments</p> <p><u>Dreams and goals</u></p> <p>Difficult challenges and achieving success</p> <p>Dreams and ambitions</p> <p>New challenges</p> <p>Motivation and enthusiasm</p> <p>Recognising and trying to overcome obstacles</p> <p>Evaluating learning processes</p> <p>Managing feelings</p> <p>Simple budgeting</p> <p><u>Healthy Me</u></p> <p>Exercise</p> <p>Fitness challenges</p> <p>Food labelling and healthy swaps</p> <p>Attitudes towards drugs</p>	<p><u>Autumn 1</u></p> <p>Being Me in My world</p> <p><u>Autumn 2</u></p> <p>Celebrating Difference</p> <p><u>Spring 1</u></p> <p>Dreams and Goals</p> <p><u>Spring 2</u></p> <p>Healthy me</p> <p><u>Summer 1</u></p> <p>Relationships</p> <p><u>Summer 2</u></p> <p>Changing Me</p> <p><u>Being Me in My World</u></p> <p>Being part of a class team</p> <p>Being a school citizen</p> <p>Rights, responsibilities and democracy</p> <p>Rewards and consequences</p> <p>Group decision-making</p> <p>Having a voice</p> <p>What motivates behaviour</p> <p><u>Celebrating Differences</u></p> <p>Challenging assumptions</p> <p>Judging by appearance</p> <p>Accepting self and others</p> <p>Understanding bullying</p> <p>Problem solving</p> <p>Identifying how special and unique everyone is</p> <p>First impressions</p> <p><u>Dreams and Goals</u></p> <p>Hopes and dreams</p> <p>Overcoming disappointment</p> <p>Creating new, realistic dreams</p> <p>Achieving goals</p> <p>Working in a group</p> <p>Celebrating contributions</p> <p>Resilience</p> <p>Positive attitudes</p> <p><u>Healthy Me</u></p> <p>Healthier friendships</p> <p>Group dynamics</p> <p>Smoking</p>

<p>-Name and describe people who are familiar to them</p> <p>-Recognise that people have different beliefs and celebrate special times in different ways</p>	<p><u>Relationships</u> Belonging to family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships</p> <p><u>Changing Me</u> Life cycle-animals and human Changes in me Changes since being a baby Linking growing and learning Coping with change Transition</p>	<p><u>Relationships</u> Different types of family Physical contact and boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships</p> <p><u>Changing Me</u> Life cycles in a nature Growing from young to old Increasing independence Assertiveness Preparing for transition</p>	<p>Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices</p> <p><u>Relationships</u> Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends</p> <p><u>Changing Me</u> How babies grow Understanding a baby's need Family Stereotypes Challenging my ideas Preparing for transition</p>	<p>Alcohol Assertiveness Peer pressure Celebrating inner strength</p> <p><u>Relationships</u> Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals</p> <p><u>Changing Me</u> Being unique Having a baby Confidence and change Accepting change Preparing for transition Environmental change</p>
	<p>I can tell you some ways I am different from my friends I understand these differences make us all special and unique</p> <p>I can tell you how I felt when I succeeded in a new challenge and how I celebrated it I know how to store the feelings of success in my internal treasure chest</p> <p>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy I can recognise how being healthy helps me to feel happy</p> <p>I can tell you why I appreciate someone who is special to me and express how I feel about them</p> <p>I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina I respect my body and understand which parts are private.</p>	<p>I can identify some ways in which my friend is different from me I can tell you why I value this difference about him/her</p> <p>I can explain some of the ways I worked cooperatively in my group to create the end product I can express how it felt to be working as part of this group</p> <p>I can make some healthy snacks and explain why they are good for my body I can express how it feels to share healthy food with my friends</p> <p>I can identify some of the things that cause conflict between me and my friends I can demonstrate how to use the positive problem solving technique to resolve conflicts with my friends</p> <p>I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private I can tell you what I like/don't like about being a boy/ girl</p>	<p>I can tell you about a time when my words affected someone's feelings and what the consequences were I can give and receive compliments and know how this feels</p> <p>I can evaluate my own learning process and identify how it can be better next time I am confident in sharing my success with others and know how to store my feelings of success in my internal treasure chest</p> <p>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help I can express how being anxious or scared feels</p> <p>I can explain how some of the actions and work of people around the world help and influence my life and can show an awareness of how this could affect my choices</p> <p>I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up I recognise how I feel about these changes happening to me and know how to cope with these feelings</p>	<p>I can tell you a time when my first impression of someone changed as I got to know them I can explain why it is good to accept people for who they are</p> <p>I know how to make a new plan and set new goals even if I have been disappointed I know what it means to be resilient and to have a positive attitude</p> <p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to I can identify feelings of anxiety and fear associated with peer pressure</p> <p>I can explain different points of view on an animal rights issue and express my own opinion and feelings on this</p> <p>I can identify what I am looking forward to when I am in Year 5 I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this</p>