

PSHE Curriculum at Emscote Infant School.

We are learning...

	Autumn		Spring		Summer	
EYFS Personal Social Emotional Development (PSED)	Zones of Regulation	Protective Behaviours	Recap Zones of Regulation	Recap Zones of Regulation	Recap Zones of Regulation	Recap Zones of Regulation
			Being Me & Healthy Me	Relationships	Celebrating Difference	Changing Me
	Network Hand	Review Network Hand	Network Hand	Review Network Hand	Network Hand	Review Network Hand
	Text: The Colour Monster	Text: Ruby’s Worry	Text: Giraffes Can’t Dance	Text: Can I Play?	Text: Boris the Robot	Text: The Koala Who Could
	<u>Links to DM statements:</u> - 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 (personal hygiene, toothbrushing , sensible amounts of ‘screen time’, having a good sleep routine).	<u>Links to DM statements:</u> - See themselves as a valuable individual. - Build constructive and respectful relationships. - Express their feelings and consider the feelings of others. - Identify and moderate their own feelings socially and emotionally. - Manage their own needs (personal hygiene, toothbrushing, sensible amounts of	<u>Links to DM statements:</u> - See themselves as a valuable individual. - Build constructive and respectful relationships. - Show resilience and perseverance in the face of challenge. - Identify and moderate their own feelings socially and emotionally. - Manage their own needs (personal hygiene, toothbrushing, sensible amounts of ‘screen time’, having a good sleep routine).	<u>Links to DM statements:</u> - See themselves as a valuable individual. - Build constructive and respectful relationships. - Express their feelings and consider the feelings of others. - Identify and moderate their own feelings socially and emotionally. - Think about the perspectives of others.	<u>Links to DM statements:</u> - See themselves as a valuable individual. - 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. - Manage their own needs (personal hygiene, toothbrushing, sensible amounts of ‘screen time’, having a good sleep routine). - Know and talk about the different factors that	

		‘screen time’, having a good sleep routine).	• Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating.			support their overall health and wellbeing: regular physical activity, healthy eating.
Year One	Being Together(SA) To understand why we have rules. To learn how to work and play cooperatively. To learn how to talk about and share our opinions. To learn how to be kind and how it affects others. To learn how to treat ourselves and others with respect.	Making Friends (HR) To explore what makes a good friendship To learn how to solve disagreements between friends To understand how actions can cause emotional and physical pain To know what to do if a friendship is making you unhappy To explore hurtful behaviour online <i>Protective Behaviours Year One Scheme of Work</i>	I am Awesome (HL) To understand how everyone in the world is special and unique. To understand the ways in which we are similar and different to one another. To understand how the food we eat helps us stay healthy To understand the difference between private and public places and activities. To understand there are some parts of the body which are private	Keeping Safe (DM&R) To understand how rules keep us safe To understand how to stay safe at home To understand how to stay safe outside the home To understand how to cross the road safely To understand how to stay safe online	How Do I Feel? (S&EW) To know about the different feelings we can have To know how feelings can affect our bodies and behaviour To understand that not everyone feels the same about things To know how to share feelings, and ask for help with feelings To explore feelings caused by change and loss	Roles and Responsibilities (EW&A) To explore what a community is. To know about our rules and responsibilities in our classroom community To find out how to help people in our communities. To find out how to care for living things and the environment. To prepare for moving into Year 2 <i>RSE Yasmin and Tom Scheme of Work</i>
Year Two	What is a Family? (HR) To understand the role different people play in our lives To understand how important people in our lives show they love and care for us	Safe Spaces and Boundaries (SA) To understand what makes us feel comfortable and safe. To learn what a trusted adult is and how to ask for help.	Being Healthy (HL) To understand how we can stay healthy. To understand the difference between healthy and unhealthy activities To understand how to keep teeth healthy. To understand how	Asking for Help (DM&R) To know when and how to ask for help To know who can help us and keep us safe To know how to ask for help in an emergency To know how to keep safe online	The World of Work (EW&A) To understand the difference between wants and needs. To understand that different jobs require different strengths and interests.	Being Me (S&EW) To develop our sense of self. To know and understand our role in our families and friendships. To find out different ways we can make ourselves feel good.

	To understand there are different types of family To understand different ways we can support our family To understand how to have positive relationships at school	To understand how to ask for help when feeling uncomfortable. To learn what peer pressure is and how to resist it. To understand the difference between a safe and unsafe secret. <i>Protective Behaviours Year 2 Scheme of Work</i>	medicines can help people to stay healthy To understand the benefits of exercise to the body.	To know how to ask for help if you are worried about something	To understand that not everyone has enough money for what they want or need. To understand that money needs to be looked after. To set goals for the future.	To notice and name big feelings To learn different ways to manage big feelings. <i>RSE Yasmin and Tom Scheme of Work</i>
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HR: Healthy Relationships **SA:** Social Awareness **HL:** Healthy Lifestyles **DM&R:** Decision Making and Risk **S&EW:** Self and Emotional Wellbeing **EW&A:** Economic Wellbeing and Aspirations