

# Curriculum Overviews

## PSHE

### Year 6 PSHE Curriculum Overview

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>Encouragement</u>	<u>Communication</u>	<u>Self-motivation</u>	<u>Co-operation</u>	<u>Self-discipline</u>	<u>Decision-making</u>
<u>Keeping safe</u>	<u>Me and my relationships</u>	<u>Living in the wider world</u>	<u>Living in the wider world</u>  <u>Keeping Safe</u>	<u>Healthy lifestyles &amp; well-being</u>	<u>Healthy lifestyles &amp; well-being</u>
<p><b>Dangers of risk-taking behaviour</b> I understand how increased freedom as we get older means potentially having more risks to negotiate. I can explain the difference between a risk, a danger and a hazard. I can describe the range of skills needed in an emergency. I can understand that some behaviour is unacceptable, unhealthy or risky. I understand that my increased independence brings increased responsibility to keep myself and others safe. I know about some basic first aid, dealing with common injuries.</p> <p><b>Crucial Crew</b>  <b>Leadership training</b></p>	<p><b>Bullying including online safety</b> I understand how to manage complex or conflicting emotions. I understand how the internet is an integral part of life, but technology should be used safely. I understand that the internet can be a negative place which can have a negative impact on mental health. I can be confident in my relationships with my peers in various situations, including online. I can know how to report and get help if I encounter inappropriate materials or messages online.</p> <p><b>RHSE - Life to the Full: Created to Love others - Unit 1 &amp; 2</b> I know that God calls us to love others.</p>	<p><b>Where does our food come from?</b> I understand how geography and climate have an impact on the availability of food and drink. I know about the different steps in the food chain. I can understand types of farming and have an awareness of animals' welfare needs. I can consider who has responsibility for our health and the health of the UK population.</p> <p><b>Economic well-being</b> I can understand how finance plays an important part in people's lives. I can explain how personal finance can affect lifestyle choices. I can explain how money is used in a way to meet the needs of everyone.</p>	<p><b>RHSE - Life to the Full: Created to Live in Community - Unit 1 &amp; 2</b> I know that the Holy Spirit works through us to bring God's love and goodness to others. I know the principles of Catholic Social Teaching. I know that God formed us out of love, to know and share His love with others. I can find ways in which I can spread God's love in our community.</p> <p><b>Legal and illegal drugs - understanding the dangers</b> I can understand the impact that poor lifestyle choices can have on my health. I can describe how to resist unhelpful pressure and ask for help.</p>	<p><b>Healthy lifestyles</b> I can give advice and choose a balanced and varied amount of food and drinks. I can understand the short and long term effects of diet on health. I can compare the cost of food, drinks and meals. I can understand that different food and drinks provide different amounts of energy. I can use nutrition labels and nutrition information correctly. I know how to recognise the early signs of physical illness.</p> <p><b>Healthy lifestyles - Sleep</b> I understand the importance of sufficient and good quality sleep for good health. I understand how lack of sleep can affect weight, mood and ability to learn.</p> <p><b>Leadership training</b></p>	<p><b>Going for goals</b> I understand the different ways of achieving and celebrating personal goals. I know how having high aspirations can support personal achievements. I can identify skills that will help in future careers. I can think of what type of job I might like to do when I am older. I can understand how people can work collaboratively towards shared goals. I know ways to manage set backs and re-frame unhelpful thinking.</p> <p><b>Preparing for life after Primary School</b> I can understand that my increasing independence brings increased responsibility to keep myself and others safe. I can describe changes that occur and how this can cause conflicting feelings.</p>

	<p>I know that pressure comes in different forms and what those different forms are.  I am aware of strategies that can be adopted to resist pressure.  I can discuss and reflect on different scenarios in which it is right to say 'no'.  I can learn about how thoughts and feelings impact on actions and develop strategies that will positively impact my actions.</p> <p><b>Leadership training</b></p>	<p>I understand how money can impact people's feelings and emotions.  I understand what it takes to set up an enterprise</p> <p><b>Leadership training</b></p>	<p>I know about some of the risks and effects of legal and illegal substances.  I can explain how while it is difficult, habits can be changed or stopped.</p> <p><b>Leadership training</b></p>		<p>I can describe what helps people to cope with feelings associated with transition.</p> <p><b>Leadership training</b></p>
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## Year 5 PSHE Curriculum Overview

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer1	Summer 2
<b>Encouragement</b>	<b>Communication</b>	<b>Self-motivation</b>	<b>Co-operation</b>	<b>Self-discipline</b>	<b>Decision-making</b>
<u>Me and my relationships</u>	<u>Me and my relationships</u>	<u>Living in the wider world</u>	<u>Living in the wider world</u>  <u>Keeping Safe</u>	<u>Healthy lifestyles &amp; well-being</u>	<u>Healthy lifestyles &amp; well-being</u>
<p><b>Relationships</b> I can be loyal, able to develop and sustain relationships. I can show care and concern for special people in my life and put their needs before my own. I can explain the key characteristics of friendships. I understand the importance of friendships and strategies to build positive friendships. I can understand how to make informed choices in relationships. I understand how to respond appropriately to a wider range of feelings of others. I understand the importance of permission seeking and giving in relationships. I can be forgiving, developing the skills to allow reconciliation in relationships.</p> <p><b>Citizenship - Difference between right and wrong</b> I can be courteous, showing good manners at home and in school. I can be honest, striving to live truthfully and with integrity, using good judgement.</p>	<p><b>Bullying including online safety</b> I can describe how discrimination can be shown through bullying and other hurtful behaviours. I can describe the consequences of bullying and how this might make people feel and act. I can explain my responsibility to do something if I witness bullying. I understand that sometimes people behave differently online, including pretending to be someone they are not. I can understand the need for age restrictions on social media and games. I know how to recognise risks online and take steps to report abuse, understanding the confidence needed to do so.</p>	<p><b>Understanding democracy</b> I can be just and fair, acting with integrity, understanding the impact of my actions locally, nationally and globally. I can understand why and how laws and rules are made. I can speak out about injustice in the wider world and what I can do to help. I can understand how to take part in making and changing rules. I understand how having high aspirations can support personal achievements.</p> <p><b>The importance of debate</b>  I can explore the importance of style and structure when developing a clear argument. I can build confidence when speaking. I can understand the importance of accuracy and truthfulness in debate. I can learn how to respond to and challenge arguments. I can think about how I can work effectively as part of a team during a formal debate.</p>	<p><b>Cultural diversity</b> I can respect my own and others uniqueness, demonstrating respect for difference. I know about the factors that make people the same or different. I can understand the importance of living in right relationships with the range of national, regional, religious and ethnic identities in the United Kingdom and beyond. I understand about the lives, values and customs of people living in different places. I can speak out about injustice in the wider world and what I can do to help.</p> <p><b>Peer group pressure - drug use</b> I can understand influences on behaviour, including peer pressure and media influence. I can show resilience and manage risk to resist unacceptable pressure and ask for help. I can understand the concept of privacy and that it is not always right to keep secrets I can understand how some habits are unhealthy and can be hard to change.</p>	<p><b>Healthy lifestyles</b> I can use advice to choose a balanced variety of food and drinks. I know that different nutrients have different functions. I understand the short and long term effects of diet on health. I can understand how water is used by the body during physical activity and nutrients may be needed before, during and after. I can understand the impact that poor lifestyle choices can have on my health including physical activity, dental health, healthy eating and hygiene. I know how to seek support if I am worried about my health.</p> <p><b>Mental health and body awareness</b> I can understand how images in the media can distort reality. I can understand how images in the media can affect how people think about themselves. I can understand how negativity affects health and wellbeing. I can recognise and challenge stereotypes.</p>	<p><b>RHSE - Life to the Full: Created and Loved by God</b> I understand that physically becoming an adult is a natural phase of life. I know that lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan. I know about the unique growth and development of humans, and he changes that girls and boys will experience during puberty. I know about how my emotions will change as I grow up. I know how a baby grows and develops in its mother's womb. I know how to make good choices that have an impact on my health: rest, sleep, exercise, personal hygiene ect.</p> <p><b>Going for goals</b> I can be grateful to others for the good things in my life. I can recognise my achievements and set personal targets for the future. I can take part in developing new responsibilities, making and changing rules.</p>

<p>I can be just and fair, understanding the impact of my actions</p> <p>I can describe how the school community ensures nobody is excluded or discriminated against.</p> <p>I can be compassionate, able to empathise with the suffering of others, displaying the generosity to help.</p>			<p>I understand the risk and effects of legal and illegal substances.</p> <p>I can describe the impact of poor lifestyle choices on mental health.</p>	<p>I can understand how information and data is shared and used online.</p> <p>I can understand how information, including that from search engines is ranked, selected and targeted.</p>	
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## Year 4 PSHE Curriculum Overview

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<b>Integrity</b>	<b>Reflection</b>	<b>Trust</b>	<b>Resourcefulness</b>	<b>Respect</b>	<b>Resilience</b>
<u>Me and my relationships</u>	<u>Me and my relationships</u>	<u>Living in the wider world</u>	<u>Keeping safe</u>	<u>Healthy lifestyles &amp; well-being</u>	<u>Healthy lifestyles &amp; well-being</u>
<p><b>Relationships</b> I can be caring, being aware and responding to the needs of others. I can show care and concern to special people in my life. I can be honest, able to be truthful in my relationships with others. I understand that there are different types of relationships including those between acquaintances, friends, relatives and family. I understand the characteristics of family life including commitment and care. I understand the importance of spending time together as a family. I understand that other families sometimes look different to my own. I can recognise if family relationships are making individuals feel unhappy or unsafe and how to seek help or advice.</p>	<p><b>Bullying including online safety</b> I can understand what bullying is (including cyber-bullying) and how to seek help and advice. I can understand how to take steps to solve problems that have impacted others. I understand that respect is also needed towards those we contact online, including when we are anonymous. I can know how to recognise safe and unsafe situations and ways of keeping safe, including simple rules for keeping safe online. I understand how to keep personal information private online.</p> <p><b>RHSE - Life to the Full: Created to Live in Community - Unit 1 &amp; 2</b> I know that God is Love as shown by the Trinity - a 'communion of persons supporting each other in their self-giving relationship'. I know that the human family can reflect the Holy Trinity in charity and generosity. I know that God wants His Church to love and care for others. I can devise practical ways of loving and caring for others.</p>	<p><b>Where does our food come from?</b> I can explore where our food comes from across the world. I understand that food can travel long distances for us to eat it and locate the origins of our food on a world map. I can consider why we import some of the food we eat. I can consider problems experienced by farmers globally because of climate.</p> <p><b>Understanding money - economic awareness</b> I can describe ways of managing money I can describe some of the skills needed to help raise money.</p>	<p><b>Stranger danger</b> I can understand that not all images, language and behaviour are appropriate. I can identify risk in a range of situations. I can understand the difference between good and bad secrets. I can understand how to keep safe in the local environment. I can identify when, how and who to alert if there is danger. I know about the importance of keeping personal boundaries and how to respond safely to people we may encounter</p> <p><b>Alcohol - understanding the dangers</b> I can recognise negative pressure to make unhealthy choices. I can explain what a habit is and how habits can be hard to change. I can describe how common drugs in everyday life can change the way people feel.</p>	<p><b>Mental health and well-being</b> I understand what mental health is and how it is as equally important as physical health. I understand how isolation and loneliness can affect people and who can help. I know that it is common for people to experience mental health and that there is support available. I know where and how to seek support if I am worried about my own or someone else's mental well-being. I know the benefits of exercise, rest, time with friends and hobbies on our mental well-being and happiness. I understand the importance of rationing time spent online to impact our mental and physical well-being.</p> <p><b>Charities and voluntary organisations</b> I can understand the roles that people in the wider community have to help others stay healthy and safe. I can give examples of different ways of asking for help and support.</p>	<p><b>RHSE - Life to the Full: Created and Loved by God - Unit 1, 2 &amp; 4</b> I know that we are created individually by God who is Love designed in His own image and likeness. I know that similarities and differences between people arise as they grow and make choices, and that by living and working together we create community. I know about the need to respect and look after our bodies as a gift from God through what we eat and physically do.</p> <p><b>Healthy lifestyles</b> I know that food and drinks provide energy. I can understand that food and drinks can affect health and the advantages of healthy eating and drinking. I can explore factors involved in food and drink choice. I can discuss the development of teeth in our body.</p>

				<p>I can be caring, aware of the needs of others and respond to those needs.</p> <p>I can identify injustices in the wider world.</p> <p>I can show concern for the communities to which I belong, aware that my behaviour has an impact upon them.</p> <p>I can understand how to be a part of a community and why people may volunteer to do things.</p>	
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## Year 3 PSHE Curriculum Overview

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer1	Summer 2
<b>Integrity</b>	<b>Reflection</b>	<b>Trust</b>	<b>Resourcefulness</b>	<b>Respect</b>	<b>Resilience</b>
<u>Me and my relationships</u>	<u>Me and my relationships</u>	<u>Living in the wider world</u>	<u>Keeping safe</u>	<u>Healthy lifestyles &amp; well-being</u>	<u>Healthy lifestyles &amp; well-being</u>
<p><b>RHSE - Life to the Full: Created to Love others - Unit 1 &amp; 2</b></p> <p>I know that God loves, embraces, guides, forgives, and reconciles us with him and one another.</p> <p>I know the importance of forgiveness and reconciliation in relationships and some of Jesus' teaching on forgiveness.</p> <p>I know ways to maintain and develop good, positive, trusting relationships and strategies to use when relationships go wrong.</p> <p>I know the difference between a group of friends and a 'clique'.</p> <p>I can develop a greater awareness of bullying, know that all bullying is wrong and how to respond to bullying.</p> <p><b>Developing resilience</b></p> <p>I can cope with natural negative emotions and show resilience following setbacks.</p> <p>I can describe some ways to maintain good mental health including self-care techniques</p>	<p><b>Bullying including online safety</b></p> <p>I can understand what makes a positive, healthy friendship.</p> <p>I can understand how words and actions can affect ourselves and others and that some behaviour is unacceptable, including online.</p> <p>I know that I can go to a number of different people for help in different situations.</p> <p>I can be forgiving, able to say sorry and not hold grudges against those who have hurt me.</p> <p>I can explain how to behave respectfully online.</p>	<p><b>Cultural diversity</b></p> <p>I can show concern for the communities to which I belong.</p> <p>I can be respectful of myself and others, recognising differences.</p> <p>I can identify injustices in the wider world.</p> <p><b>Understanding money - how money works</b></p> <p>I can understand the role of money.</p> <p>I can describe ways of managing money.</p>	<p><b>Smoking - understanding the dangers</b></p> <p>I can understand that drugs common in everyday life are harmful.</p> <p>I can identify habits that help us and habits that do not.</p> <p>I can understand we have choices - peer group pressure.</p> <p>I can identify ways that negative pressure can be resisted.</p> <p><b>Road safety</b></p> <p>I can identify risks and describe ways to stay safe.</p> <p>I can understand people who are there to help you keep safe.</p> <p><b>Water safety</b></p> <p>I can identify risks and describe ways to stay safe.</p> <p>I can understand people who are there to help you keep safe.</p> <p>I can identify ways to reduce the risk of sun damage.</p>	<p><b>RHSE - Life to the Full: Created and Loved by God - Unit 3</b></p> <p>I can develop a deeper understanding of a range and intensity of feelings.</p> <p>I know what 'emotional well-being' means.</p> <p>I am aware of positive actions to help emotional well-being.</p> <p>I can recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</p> <p>I can understand that thankfulness builds resilience against feelings of envy, inadequacy and insecurity.</p> <p><b>Healthy lifestyles</b></p> <p>I can understand that different food and drinks provide different substances that are important for health.</p> <p>I can discuss factors influencing what we eat and drink.</p> <p>I can explore ways to incorporate fruit and vegetables into our diets.</p> <p>I can explore all food groups in detail.</p> <p>I can explore where muscles are found in the body and their functions.</p>	<p><b>Changes that happen in life</b></p> <p>I can describe changes that happen in life e.g loss, separation, divorce and bereavement.</p> <p>I can recognise that change might bring a variety of feelings.</p> <p>I can identify what people can do to help manage changes they might experience.</p> <p>I can show empathy towards others.</p> <p><b>Going for goals</b></p> <p>I can reflect on my achievements and describe what I am proud of.</p> <p>I can describe ways that achievements can be celebrated.</p> <p>I can describe my aspirations and steps to take to improve.</p> <p>I can understand how making mistakes along the way can help us to learn.</p> <p>I can learn about working collaboratively towards shared goals</p>

				<p>I can develop an awareness of the health benefits of exercise.</p> <p>I can understand where energy comes from, how it is used and when we might need extra energy.</p>	
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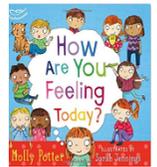
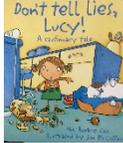
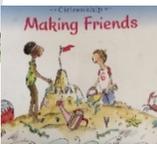
## Year 2 PSHE Curriculum Overview

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Concentration</b>	<b>Courage</b>	<b>Imagination</b>	<b>Fairness/empathy</b>	<b>Self-belief</b>	<b>Honesty</b>
<u>Me and my relationships</u>	<u>Me and my relationships</u>	<u>Living in the wider world</u>	<u>Keeping Safe</u>	<u>Healthy lifestyles &amp; well-being</u>	<u>Healthy lifestyles &amp; well-being</u>
<p><b>Good to be me</b> I understand that I have individual gifts, talents and abilities given by God. I understand that we all have different likes and dislikes. I can explain what makes people special. I can recognise that it is ok to make mistakes and that they are part of learning.</p> <p><b>Relationships</b> I can be caring, aware of the needs of others, knowing how friendships make us feel happy and secure. I can recognise when somebody is lonely and know what to do I can recognise the characteristics of positive and negative relationships. I know how to ask for help if a relationship or friendship makes me feel unhappy. I can be forgiving, able to say sorry to mend relationships.</p>	<p><b>Bullying including online safety</b> I understand that there are different types of teasing and bullying which are wrong and unacceptable and how to respond. I can understand how my behaviour affects other people and that there are appropriate and inappropriate behaviours. I know how the internet can be used safely when communicating with others. I can consider the impact of words and actions online</p> <p><b>Citizenship - Caring for others (PDSA)</b> I can identify the needs of people and other living things. I can recognise how some people have a responsibility to look after others.</p>	<p><b>RHSE - Life to the Full: Created to Live in Community - Unit 1 &amp; 2</b> I know that being made in His image means being called to be loved and to love others, I know what a community is, and that God calls us to live in community with one another. I understand Jesus' teaching on who is my neighbour. I know that we have a duty to care for others and the world that we live in. I know about what harms and what improves the world in which we live.</p> <p><b>Understanding money</b> I can understand where money comes from and what it is used for. I can show awareness of differences between my life and others in the wider world.</p>	<p><b>Recognising comfortable and uncomfortable feelings</b> I recognise that I have a right to 'be safe on the outside' and 'feel safe on the inside'. I recognise that some things are private and the importance of respecting privacy. I know how to respond safely to adults I do not know. I know about the importance of not keeping adults' secrets. I know who to go to if I am worried or need help. I know how to use simple rules for resisting pressure when I feel unsafe or uncomfortable</p> <p><b>Fire and rail safety</b> I understand how to get help in a range of situations. I can keep myself safe in unfamiliar situations.</p>	<p><b>Changes in our lives</b> I can understand that babies change and grow. I understand how there are ways to become more independent when you are older. I can describe change and loss (losing a relative/toy). I can recognise ways to be sensitive towards the needs of others who have experienced loss.</p> <p><b>Mental health and well-being</b> I can understand that mental well-being is a normal part of daily life. I know about the benefits of physical exercise and time outdoors on our mental well-being and happiness.</p>	<p><b>RHSE - Life to the Full: Created and Loved by God - Unit 1 &amp; 2</b> I know that God has created us, His children, to know, love and serve Him in this life and forever. I can explain how we are all unique. I know that girls and boys have been created by God to be both similar and different and together make up the richness of the human family. I know that our bodies are good and we need to look after them. I know what constitutes a healthy lifestyle including physical activity, dental health and healthy eating. I can explain how to maintain personal hygiene. I know the importance of sleep, rest and recreation for our health.</p> <p><b>Healthy lifestyles</b> I can be aware that a balance and variety of food and drinks are needed to be healthy. I can understand that more of some food is needed than others. I can say what I should do to keep my body healthy.</p>

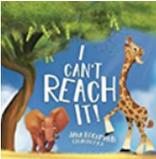
## Year 1 PSHE Curriculum Overview

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer1</u>	<u>Summer 2</u>
<b>Concentration</b>	<b>Courage</b>	<b>Imagination</b>	<b>Fairness/empathy</b>	<b>Self-belief</b>	<b>Honesty</b>
<u>Me and my relationships</u>	<u>Me and my relationships</u>	<u>Living in the wider world</u>	<u>Keeping Safe</u>	<u>Healthy lifestyles &amp; well-being</u>	<u>Living in the wider world</u>
<p><b>Good to be me</b> I can give thanks for the good things in my life. I can identify what I am good at and explain what I am getting better at. I can recognise what I like and dislike. I can recognise what makes people special. I can understand how it feels to celebrate an achievement/becoming more independent.</p> <p><b>Relationships</b> I can recognise who loves and cares for me I can be caring, aware of the needs of others. I can be friendly and make friends. I can identify the roles of different people in our lives and families.</p>	<p><b>Bullying including online safety</b> I can understand how my words and actions affect other people. I can understand how my behaviour affects other people. I can know who to go to if I am worried or need help.</p> <p><b>RHSE - Life to the Full: Created to Love others - Unit 1 &amp; 2</b> I understand that we are part of God's family. I understand that saying sorry is important and can mend friendships. I know that we should love other people in the same way God loves us. I know the importance of being close to and trusting special people and telling them if something is troubling them. I can recognise when I have been unkind and say sorry. I know that we should forgive, like Jesus forgives.</p>	<p><b>Citizenship - How behaviour affects others; being polite and respectful</b> I can look after myself and show respect to others. I know how to listen to others and play cooperatively. I can understand that how I act can have consequences. I can be honest, able to tell the truth about my actions. I can recognise what is fair and unfair, kind and unkind, what is right and wrong.</p> <p><b>Cultural diversity</b> I can describe and respect similarities and differences between people. I can recognise that I belong to a variety of communities locally, nationally and globally. I can recognise that everyone is equal yet unique. I can show awareness of differences between my life and others in the wider world.</p>	<p><b>Beach and water safety</b> I can keep myself safe in unfamiliar situations. I can describe how to keep safe in the sun.</p> <p><b>Introduction to drugs - safe and unsafe medicines</b> I can describe simple steps that can be taken to stop germs being passed on. I can understand that household products and medicines can be harmful if not used correctly. I can identify people who we can trust to tell us to put things onto and into our bodies. I understand how vaccinations and immunisations can help people stay healthy.</p>	<p><b>RHSE - Life to the Full: Created and Loved by God - Unit 3 &amp; 4</b> I am able to describe my feelings. I understand that feelings and actions are two different things, and that our good actions can 'form' our feelings. I know strategies for managing feelings and for good behaviour I know that choices have consequences and that when we make mistakes we are called to receive forgiveness and forgive others when they do. I know that there are natural life stages from birth to death and what these are.</p> <p><b>Healthy lifestyles</b> I can understand what the term 'healthy' means. I can discuss what is inside the body and the role of food and drink. I can understand that we need a variety of foods to stay healthy. I can improve my understanding of all food groups. I can say what I should do to keep my body healthy (breakfast, drinking). I can explore the benefits of exercise.</p>	<p><b>Looking after the environment</b> I can describe what makes the local environment pleasant/not so pleasant. I can recognise what can harm different environments. I know what I can do/not do to help care for the environment.</p> <p><b>Understanding money</b> I can learn about the role money plays in lives, including how to keep it safe, choices about spending or saving money and what influences these choices.</p>

## Reception PSHE Curriculum Overview

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer1	Summer 2
<b>Concentration</b>	<b>Courage</b>	<b>Imagination</b>	<b>Fairness/empathy</b>	<b>Self-belief</b>	<b>Honesty</b>
<u>Me and my relationships</u>	<u>Me and my relationships</u>	<u>Living in the wider world</u>	<u>Healthy lifestyles &amp; well-being</u>	<u>Healthy lifestyles &amp; well-being</u>	<u>Keeping safe</u>
<p>Good to be me I can talk about good things in my life. I can talk about what I am good at. I can identify special people in my life. I can show care towards others.</p> <p>Confidence in trying new activities -building confidence in speaking in small groups.</p>  	<p>Bullying including online safety I can show friendly behaviour towards others. I can understand when people are being unkind to me or others and know how to respond. I know who can help me in school. I can learn how to say sorry.</p> <p>RHSE - Life to the Full: Created to Live in Community - Unit 2 I understand that we belong to various communities. I understand that we have a duty of care for others and for the world we live in. I know about what harms and what improves the world in which we live in.</p>  	<p>We are all different and special I know that I belong to a family and can name my family members. I can name similarities and differences between myself and others. I can ask questions about the wider world.</p> <p>Citizenship - know right from wrong, understand and follow rules, aware of boundaries.</p> <p>Understanding money - what is money? I can understand what money is and how it can be used.</p>  	<p>Keeping healthy - food and exercise I know that I am living and growing. I can identify healthy foods. I know that it is important to keep active. I can keep clean by washing and drying my hands.</p>  	<p>RHSE - Life to the Full: Created and Loved by God - Unit 3 &amp; 4 I know that we all have different likes and dislikes but also similar needs. I can understand that everyone experiences feelings, both good and bad. I know simple strategies for managing feelings. I know that we have choices and these choices can impact how we feel and respond. I can say sorry and forgive, like Jesus.</p>  	<p>Safety - dangers around us I can improve my awareness of dangers around me and how to recognise risk. I can know who to approach to get help in different situations.</p> <p>RHSE - Life to the Full: Created to Love Others - Keeping Safe Unit 3 I know about safe and unsafe situations indoors and outdoors. I know that I can ask for help from my special people. I know that I am entitled to bodily privacy. I understand that we should look after our bodies before God created them, I know that medicines are not sweets. I know who helps us in a medical emergency.</p>  

## Nursery PSHE Curriculum Overview

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer1	Summer 2
<u>Me and my relationships</u>	<u>Me and my relationships</u>	<u>Me and my relationships</u>	<u>Living in the wider world</u>	<u>Healthy lifestyles &amp; well-being</u>	<u>Healthy lifestyles &amp; well-being</u>
<p>Coping with change - establishing nursery routines</p> <p style="color: red;">Developing sense of responsibility and membership of a community</p> <div style="display: flex; justify-content: space-around;">   </div>	<p>Develop an awareness of friendly behaviour and the effect of their actions on others</p> <p style="color: red;">Developing awareness of similarities and differences</p> <p style="color: red;">Begin to understand their feelings</p> <p>RHSE - Life to the Full: Created to Love others - Unit 1 &amp; 2</p> <p style="color: red;">I know that we are part of God's family.</p> <p style="color: red;">I know we should love other people in the same way God loves us</p> <p style="color: red;">I know that we should forgive, like Jesus forgives.</p> <div style="display: flex; justify-content: space-around;">   </div>	<p>Developing positive self-awareness</p> <p style="color: red;">Develop ways to be assertive</p> <p style="color: red;">Developing social interactions</p> <div style="text-align: center;">  </div>	<p>Developing care/respect for others, living things and the wider environment</p> <p style="color: red;">Developing some empathy</p> <p>RHSE - Life to the Full: Created to Live in Community - Unit 1</p> <p style="color: red;">I understand that God is love: Father, Son and Holy Spirit.</p> <p style="color: red;">I know that being made in His image means being called to be loved and to love others.</p> <p style="color: red;">I know what a community is and that God calls us to live in community with one another.</p> <div style="text-align: center;">  </div>	<p>Awareness of feelings</p> <p style="color: red;">Developing compromise with others</p> <div style="text-align: center;">  </div>	<p>Develop a confidence to speak to others about own, wants, needs, interests and opinions.</p> <p style="color: red;">Confidence in risk taking and trying new things</p> <p style="color: red;">Adapting to new situations - transition to school</p> <p>RHSE - Life to the Full: Created and Loved by God - Unit 1 &amp; 2</p> <p style="color: red;">I know that we are all God's children and are special.</p> <p style="color: red;">I know that our bodies were created by God and are good.</p> <p style="color: red;">I know that we are all unique, with individual gifts, talents, and skills.</p> <p style="color: red;">I can name parts of the body.</p> <p style="color: red;">I know that are bodies are good and we need to look after them.</p> <div style="display: flex; justify-content: space-around;">   </div>