

Subject: PSHE long term plan for Reception and KS1

(6 lessons taught per term, every other week for 40 minutes)

Key for PSHE headings: Relationships, Living in the wider world, Health and wellbeing

		Autumn 1 & 2			Spring 1 & 2			Summer 1 & 2			
Reception	Year group theme	All about Me		Colour	How Things Work		All Around Us		Living Things		Stories
	PSHE focus	<p>Personal, Social and Emotional Development ref EYFS Handbook ELG 06,07 and 08</p> <ul style="list-style-type: none"> Making Relationships: Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children. Self Confidence and Self-Awareness: Children are confident to try new activities, and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help. Managing feelings and behaviour: Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride. 									
Year 1	Year group theme	Families		Night & day		Machines		Growth & change		Houses & homes	
	PSHE theme	Families and friendships	Belonging to a community	Keeping safe	Families and friendships	Media literacy and digital resilience	Respecting ourselves and others	Money and work	Safe relationships	Growing and changing	
	PSHE focus	<ul style="list-style-type: none"> Roles of different people Families Feeling cared for 	<ul style="list-style-type: none"> What rules are Caring for others' needs Looking after the environment 	<ul style="list-style-type: none"> How rules and age restrictions help us Keeping safe online 	<ul style="list-style-type: none"> Making friends Feeling lonely and getting help 	<ul style="list-style-type: none"> Using the internet and digital devices Communicating online 	<ul style="list-style-type: none"> How behaviour affects others Being polite and respectful 	<ul style="list-style-type: none"> Strengths and interests Jobs in the community 	<ul style="list-style-type: none"> Recognising privacy Staying safe Seeking permission 	<ul style="list-style-type: none"> Recognising what makes them unique and special Feelings Managing when things go wrong 	
Year 2	Year group theme	Ourselves & our world		Materials & electricity		Fairy tales		Time		Islands	
	PSHE theme	Physical health and mental wellbeing	Keeping safe	Media literacy and digital resilience	Belonging to a community	Physical health and mental wellbeing	Money and work	Respecting ourselves and others	Growing and changing	Safe relationships	
	PSHE focus	<ul style="list-style-type: none"> Keeping healthy Food and exercise, hygiene routines Sun safety 	<ul style="list-style-type: none"> Safety in different environments Risk and safety at home Emergencies 	<ul style="list-style-type: none"> The internet in everyday life Online content and information 	<ul style="list-style-type: none"> Belonging to a group Roles and responsibilities Being the same and different in the community 	<ul style="list-style-type: none"> Why sleep is important Medicines and keeping healthy Keeping teeth healthy Managing feelings and asking for help 	<ul style="list-style-type: none"> What money is Needs and wants Looking after money 	<ul style="list-style-type: none"> Recognising things in common and differences Playing and working cooperatively Sharing opinions 	<ul style="list-style-type: none"> Growing older Naming body parts Moving class or year 	<ul style="list-style-type: none"> Managing secrets Resisting pressure and getting help Recognising hurtful behaviour 	