



PSHE: Curriculum Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Get Heartsmart	Don't Forget to Let Love in <i>Learning how important, valued and loved we are.</i>	Too Much Selfie isn't Healthy <i>Exploring the importance of others and how to love them well.</i>	Don't Hold on to What's Wrong <i>Understanding how to process negative emotion and choose forgiveness to restore relationships.</i>	Fake is a mistake <i>Unpacking how to bravely communicate truth and be proud of who we are.</i>	No Way Through Isn't True <i>Knowing there is a way through every situation, no matter how impossible it may seem</i>
Lesson 1	To introduce the children to Boris the robot	To learn that each one of us is special, loved and important	To learn who their special people are	To consider different things they enjoy doing with their friends	To distinguish between things that are true and untrue	To persevere to complete a challenge
Lesson 2	To recognise whose voice they should listen to	To consider what they like about themselves	To talk about the people in their homes who they love	To learn to cooperate well with others	To understand the importance of telling the truth	To have a go and complete different challenges
Lesson 3	To make a robot from 2D shapes (link to identity)	To develop further understanding about ways in which they are special	To learn how to read facial expressions and identify ways to cheer up our friends when they are sad.	To listen carefully to instructions and to work cooperatively	To sort words which are kind and true as well as words which are unkind and untrue	To learn that keeping going often brings a reward
Lesson 4	To express different emotions and feelings	To learn other great things about themselves	To recognise ways they can encourage one another	To understand how to be a kind friend	To learn to be thankful to be themselves	To keep trying when they are learning something new
Lesson 5	To express different emotions and feelings	To learn that their fingerprints are unique	To notice when a friend needs help	To understand different ways to be a good friend	To consider things they are thankful for	To find a way through obstacles
Lesson 6	To show kindness to others through their words and actions	To tell other people things that are great about themselves	To learn to look after birds in our local area- looking after others makes our heart bigger	To describe their feelings in different situations	To learn the different things families do in their homes	To persevere when faced with a challenge



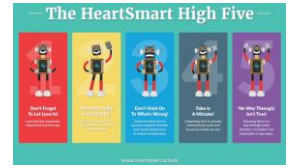
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Reception	Get Heartsmart	Don't Forget to Let Love in <i>Learning how important, valued and loved we are.</i>	Too Much Selfie isn't Healthy <i>Exploring the importance of others and how to love them well.</i>	Don't Hold on to What's Wrong <i>Understanding how to process negative emotion and choose forgiveness to restore relationships</i>	Fake is a mistake <i>Unpacking how to bravely communicate truth and be proud of who we are</i>	No Way Through Isn't True <i>Knowing there is a way through every situation, no matter how impossible it may seem.</i>
Lesson 1	To learn different ways to be 'HeartSmart'	To understand how we are loved, special and important	To reflect on special things they like to do with special people	To learn how to be a super friend	To differentiate between true and untrue words	To learn that making mistakes is normal and helps them learn
Lesson 2	To work together and play cooperatively in a small group	To learn how to let love into their hearts	To recognise how all families are special and other peoples families can look different to our family	To recognise ways to include others	To learn how to be kind and encouraging to others	To have a go at different age appropriate challenges
Lesson 3	To take turns to play alongside others	To demonstrate different emotions	To learn different ways that people show how they are feeling	To identify how we can use good listening ears	To learn the importance of being honest	To learn to keep trying when something is difficult
Lesson 4	To read facial expressions to explore how others are feeling	To learn different ways they are special	To learn appropriate ways of showing care and affection	To recognise ways we can be kind when we are talking to our friends	To learn that being themselves is the best that they can be	To learn to work hard and don't give up when they are 'stuck'
Lesson 5	To talk about things they love and how they make them feel	To tell other people about themselves and the things they like	To learn how they can help to show love to others when they need help	To learn to be kind to others even when they are not kind to them	To list the things they are thankful for	To persevere to complete an activity (maze)
Lesson 6	To work collaboratively on a class mission	To learn that everyone has different talents and skills	To show thankfulness to the people around them	To learn the importance of saying sorry	To share something special about their homes and families	To express how they feel about change
Kidsafe module		Session 1: Trust Session 2: Yukky Feelings Session 3: Bullying and introducing trusted grown-ups Session 4: Voicing and naming of trusted grown-ups Session 5: Computer/internet safety				



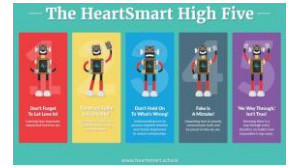
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		Session 6: How arguing makes us feel? Session 7: Recap and evaluation.				
Picture News	<ul style="list-style-type: none"> retrospective coverage documents are available as this is based on current affairs 					
Year 1	Get Heartsmart	Don't Forget to Let Love in <i>Learning how important, valued and loved we are.</i>	Too Much Selfie isn't Healthy <i>Exploring the importance of others and how to love them well.</i>	Don't Hold on to What's Wrong <i>Understanding how to process negative emotion and choose forgiveness to restore relationships.</i>	Fake is a mistake <i>Unpacking how to bravely communicate truth and be proud of who we are.</i>	No Way Through Isn't True <i>Knowing there is a way through every situation, no matter how impossible it may seem.</i>
Lesson 1	To make choices to help their own and others hearts	To learn how to let love into their hearts	To understand the importance of limiting screen time	To learn about the importance of forgiveness	To understand why it is important to be true to ourselves	To understand that situations will pass and there is a way through
Lesson 2	To identify sources of power (including themselves) and identify how to use this positively	To identify appropriate and inappropriate contact	To understand the similarities and differences in the people around them	To understand how their behaviour affects others and how they can make amends when they upset someone	To understand why it is important to be yourself	To understand the importance of perseverance when things are difficult
Lesson 3	To learn how to understand their emotions and describe/express their feelings	To differentiate between truth and lies	To find out ways to help others and recall ways they have been helped	To understand how forgiveness helps them and others	To learn that 'the real me is the best me'	To differentiate between the secrets they should and shouldn't keep
Lesson 4	To learn that what they put into their hearts is what comes out	To learn to appreciate the ways we are all unique	To identify ways to show appreciation for people who look after them	To learn different ways of handling negative emotions	To identify who they can talk to when they are sad, worried or angry	To learn that there is hidden potential within us all
Lesson 5	To consider what they are grateful for and why	To learn that there is a reward that comes from saving and not spending	To learn strategies which help promote good teamwork	To explore different ways of handling disappointment	To understand that small lies can have a big impact	To identify dreams in their hearts
Lesson 6	To make good choices to keep themselves healthy	To learn the different ways to take care of themselves daily	To learn basic e safety rules to keep safe online	To learn that the words we use can affect other people	To learn the importance of good oral hygiene and dental health.	To learn feelings associated with loss and change
Kidsafe module			Session 1: Building Trust			Session 6 – Recap and Mental Health.



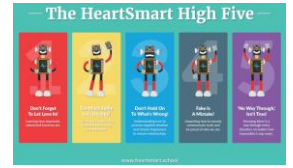
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			<p>Session 2: Bullying, saying No and Trusted Adults</p> <p>Session 3: Computer and Internet safety</p> <p>Session 4: Keeping Private Places Safe and Children's Rules</p> <p>Session 5: Parent/Carers arguing and Evaluation</p>			
Picture News	<ul style="list-style-type: none"> retrospective coverage documents are available as this is based on current affairs 					
Year 2	Get Heartsmart	Don't Forget to Let Love in <i>Learning how important, valued and loved we are.</i>	Too Much Selfie isn't Healthy <i>Exploring the importance of others and how to love them well.</i>	Don't Hold on to What's Wrong <i>Understanding how to process negative emotion and choose forgiveness to restore relationships.</i>	Fake is a mistake <i>Unpacking how to bravely communicate truth and be proud of who we are.</i>	No Way Through Isn't True <i>Knowing there is a way through every situation, no matter how impossible it may seem.</i>
Lesson 1	To learn how the choices they make affect themselves and others	To consider the ways in which we can let love into our hearts!	To understand what is meant by the phrase 'too much selfie isn't healthy'	To understand how we can demonstrate forgiveness to others	To understand why it is important to be brave and truthful	To understand that there is a way through every situation
Lesson 2	To learn how to use their power in positive and negative ways	To recognise and celebrate their strengths and what makes them unique	To learn how to increase awareness of the surroundings and the people around them	To understand the importance of saying sorry and offering forgiveness between friends	To understand what makes them special and unique (link to grains of sand analogy)	To find alternative solutions to a problem
Lesson 3	To learn that their decisions can affect their reputation	To differentiate between truth and lies that they hear or speak about themselves	To identify opportunities of how to spread kindness	To consider how resentment and forgiveness makes them feel	To learn that not all thoughts about themselves are true	To look at different perspectives to find solutions
Lesson 4	To learn that what they think is played out through their words and actions	To learn about why their names are important and how they form part of our identity	To learn about ways to make a positive contribution to the local community	To reflect on the ways to deal with hurt	To describe different emotions and how they make us feel	To find different ways to overcome challenges and difficulties



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Lesson 5	To identify special people who show us love	To identify ways to demonstrate gratitude and how to develop a gratitude attitude	To explore ways we are similar and different and how this can help in different contexts	To learn different ways to deal with hurt and disappointment	To learn ways to be polite when meeting others	To manage a worry by imagining good things that could happen
Lesson 6	To make healthy choices to contribute to a healthy diet	To identify the difference in heart rate following physical activity and ways to look after their physical health and well being	To learn that the rules we follow online to keep safe are similar to the rules we follow in real life	To identify the consequences of teasing and bullying	To learn how to keep themselves safe in the sun	To identify ways to care for the school environment by conserving energy.
Kidsafe module			Session 1: Building Trust Session 2: Bullying, saying No and Trusted Adults Session 3: Computer and Internet safety Session 4: Keeping Private Places Safe and Children's Rules Session 5: Parent/Carers arguing and Evaluation			Session 6 – Recap and Mental Health.
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