PHSE Whole School Coverage 2020-2021

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| Term  | Aut 1  | Aut 2  | Spr 1  | Spr 2  | Sum 1  | Sum 2  |
| Puzzles  | Being Me  | Celebrating Differences  | Dreams and Goals  | Healthy Me  | Relationships  | Changing Me  |
| EYFS  | Self identity Understanding feelings Being in a classroom Being gentle  | Identifying talents Being special Families Where we live  Making friends Standing up for yourself  | Challenge Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals  | Exercising bodies Physical activities Healthy food sleep Keeping clean Safety  | Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend  | Bodies Respecting my body Growing up Growth and change Fun and fears Celebration  |
| Year 1  | Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter  | Similarities and differences Understanding bullying and how to deal with it Making new friends Celebrating differences in everyone    | Setting Goals Identifying successes and achievements Working well with partners Tackling challenges Identifying and overcoming obstacles Feelings of success  | Keeping healthy healthy lifestyles Keeping clean Being safe Medicine and household items safety Road safety Linking health and happiness  | Belonging to a family What makes a good friend Physical contact preferences People who help us Our qualities Self-acknowledgement Being a good friend to ourselves  | Life cycles Changing me Changes since being a baby Difference between male and female bodies (correct terminology) Linking growing and learning Coping with change Transition  |
| Year 2  | Hopes and fears for the year Rights and responsibilities Rewards and consequences Valuing contributions Choices Recognising feelings   | Gender stereotype assumptions Understanding bullying Standing up for yourself and others Making new friends Gender diversity Celebrating differences and remaining friends  | Achieving realistic goals Perseverance Learning strengths and learning with others Group cooperation Contributing to and sharing success   | Motivation Healthy choices Relaxation Healthier eating and nutrition Healthier snacks and sharing food  | Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships  | Life cycles in nature Growing from young to old Increasing independence Difference in male and female bodies (correct terminology) Assertiveness Preparing for transition  |
| Year 3  | Setting personal goals Self identity and worth Positivity un challenges Rights and responsibilities Rewards and consequences Responsible choices Seeing things from others’ perspectives  | Families and their differences Family conflict and how to manage it Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments  | Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and overcoming obstacles Evaluating learning processes Managing feelings Simple budgeting  | Exercise Fitness challenge Food labeling and healthy swaps Attitudes towards drugs Keeping safe (online and offline) Respect for myself and others Healthy and safe choices  | 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 my choices affect others Awareness of different lives Expressing appreciation for family and friends  | How babies grow Understanding a babies needs Family stereotypes Challenging my ideas Preparing for transition  |
| Year 4  | Being part of a class team Being part of a school citizen Rights and responsibilities and democracy (school council) Rewards and consequences Group decision making Having a voice What motivates behaviour  | Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions  | Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes  | Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength  | Jealousy Love and loss Memories and loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals  | Being unique Confidence in change Accepting change Preparing for transition Environmental change  |