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 |