PSHE Curriculum

	Unit 1	Unit 2	Unit 3
Nursery and Reception	**Being me in my world -** Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities **Celebrating difference -** Identifying talents Being special Families Where we live Making friends Standing up for yourself	**Dreams and goals -** Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals **Healthy me -** Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	**Relationships -** Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend **Changing me -** Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	**Being me in my world -** Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter **Celebrating difference -** Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	**Dreams and goals -** Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success **Healthy me -** Keeping myself healthy Healthier lifestyle choices Keeping clean	**Relationships -** Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships **Changing me -** Life cycles – animal and human Changes in me Changes since being a baby

		Being safe Medicine safety/ safety with household items Road safety Linking health and happiness	Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
Year 2	**<u>Being me in my world -</u>** Hopes and fears for the year Rights and responsibilities Safe and fair learning environment Valuing contributions Choices Recognising feelings **<u>Celebrating difference -</u>** Assumptions and stereotypes about gender Understanding bullying and standing up for self and others Making new friends Diversity Celebrating difference and making friends	**<u>Dreams and goals -</u>** Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success **<u>Healthy me -</u>** Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	**<u>Relationships -</u>** Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships **<u>Changing me -</u>** Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition

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