

## Pre-School Personal Development (PSHE/RSHE) Planning Overview



|        | 1 <sup>st</sup> Half term  | 2 <sup>nd</sup> Half term  |
|--------|--|--|
| Autumn | <p><b>Myself and My Relationships</b></p> <p>Sharing and taking turns.</p> | <p><b>Myself and My Relationships</b></p> <p>My Family and Friends</p>   |
|        | <p><b>Respect</b>, Independence, concentration, listening</p>              |  |
| Spring | <p><b>Myself and My Relationships</b></p> <p>Emotions</p>                  | <p><b>Healthy and Safer Lifestyles</b></p> <p>Healthy Lifestyles</p>     |
|        | <p>Curiosity, kindness, <b>Resilience</b>, creativity, imagination</p>     |  |
| Summer | <p><b>Healthy and Safer Lifestyles</b></p> <p>Keeping Safe</p>             | <p><b>Healthy and Safer Lifestyles</b></p> <p>My Body and Growing Up</p> |
|        | <p><b>Responsibility</b>, Confidence</p>                                   |  |
|        | R2R – Explicit Character Muscles to be taught.                             | <b>New Character Muscles.</b>  |

## Reception Personal Development (PSHE/RSHE) Planning Overview

|                  | 1 <sup>st</sup> Half term  |  | 2 <sup>nd</sup> Half term  |  |
|------------------|--|--|--|--|
| <b>Autumn</b>    | <b>Citizenship</b><br>Identities and Diversity<br><br>(6 lessons – first 3 lessons in settling in half days) Also covered in continuous provision. | <b>Myself and My Relationships</b><br>Beginning and Belonging<br><br>(6 lessons) | <b>Myself and My Relationships</b><br>My Family and Friends<br><br>(4 lessons)   | <b>Myself and My Relationships</b><br>My Emotions<br><br>(5 lessons) |
| <b>Retrieval</b> | How to speak to another person, ask their name and play a game together.   | How to take turns and share items.   | What is a friend?  | What makes me happy? Sad? Angry?                                     |
|                  | <b>Respect, Responsibility, Independence, concentration, listening</b>   |  |  |  |
| <b>Spring</b>    | <b>Myself and My Relationships</b><br>My Emotions<br><br>(5 lessons)   | <b>Healthy and Safer Lifestyles</b><br>Healthy Lifestyles<br><br>(6 lessons)     | <b>Citizenship</b><br>Me and My World<br><br>(4 lessons)                         |  |
| <b>Retrieval</b> | What makes me happy? Sad? Angry?   | What do I like to do? What do I like to eat?                                     | Who are the important people in my life? What do they do?                        |  |
|                  | <b>Curiosity, kindness, Resilience, creativity, imagination</b>  |  |  |  |
| <b>Summer</b>    | <b>Healthy and Safer Lifestyles</b><br>Keeping Safe<br><br>(6 lessons)   |  | <b>Healthy and Safer Lifestyles</b><br>My Body and Growing Up<br><br>(6 lessons) |  |
| <b>Retrieval</b> | How do I keep myself healthy? Naming emotions they feel.   |  | The main external parts of the body. What I can do now.                          |  |
|                  | <b>Responsibility, Confidence</b>  |  |  |  |
|                  | <b>R2R – Explicit Character Muscles to be taught.</b>  |  | <b>New Character Muscles.</b>  |  |

## Year 1 Personal Development (PSHE/RSHE) Planning Overview

|           | 1 <sup>st</sup> Half term   | 2 <sup>nd</sup> Half term  |  |
|-----------|---|--|--|
| Autumn    | <b>Myself and My Relationships</b><br>Beginnings and Belonging<br><br>(6 lessons)         | <b>Myself and My Relationships</b><br>My Emotions<br><br>(7 lessons)         | <b>Healthy and Safer Lifestyles</b><br>Relationships and Sex Education<br><br>(2 lessons Parents, Carers and Families)   |
| Retrieval | What is special about me? How can I play and work with others?                            | Naming emotions, knowing what causes some emotions.                          | Who can I ask for help? How do I know if I am safe?  |
|           | <b>Respect</b> , Listening, independence, concentration, <b>perseverance</b>              |  |  |
| Spring    | <b>Citizenship</b><br>Working together<br><br>(6 lessons)                                 | <b>Citizenship</b><br>Rights, Rules and Responsibilities<br><br>(4 lessons)  | <b>Healthy and Safer Lifestyles</b><br>Managing Safety and Risk<br><br><i>Including 'Clever Never Goes'</i><br><br>(8 lessons to teach across Spring 2 and Summer 1) |
| Retrieval | How do I look after things? What is money and why do we need it?                          | What is important to me? How am I different to others?                       | Why do people use medicines?   |
|           | <b>Resilience</b> /bouncing back, Curiosity, imagination, <b>good humour</b> , creativity |  |  |
| Summer    | <b>Healthy and Safer Lifestyles</b><br>Managing Safety and Risk<br><br>(Continued)        | <b>Healthy and Safer Lifestyles</b><br>Healthy Lifestyles<br><br>(6 lessons) | <b>Myself and My Relationships</b><br>Managing change<br><br>(3 lessons)   |
| Retrieval | Who can help me when I am worried or upset?   | What can I do when I am ill? What is exercise and why is it good?            | What can I do when things are difficult? Who will help me?   |
|           | <b>Responsibility</b> , Friendship, risk taking, self-esteem                              |  |  |

R2R – Explicit Character Muscles to be taught.

**New Character Muscles.**

## Year 2 Personal Development (PSHE/RSHE) Planning Overview

|           | 1 <sup>st</sup> Half term  |  | 2 <sup>nd</sup> Half term  |
|-----------|--|--|--|
| Autumn    | <b>Citizenship</b><br>Diversity and Communities<br><br>(6 lessons)<br><br>(Not Section E 9.5 - 10.6)               | <b>Myself and My Relationships</b><br>Family and friends<br><br>(5 lessons)    | <b>Healthy and Safer Lifestyles</b><br>Drug Education<br><br>(4 lessons)   |
| Retrieval | How can I listen to others? Why is it important to take turns?   | How can I make friends? What am I good at and what is special about me?        | How do I feel when I am not safe? Who can help me in an emergency?   |
|           | <b>Respect</b> , independence, perseverance, friendship, <b>trust</b> , concentration, <b>managing impulsivity</b> |  |  |
| Spring    | <b>Healthy and Safer Lifestyles</b><br>Personal Safety<br><br>(12 lessons)   |  | <b>Healthy and Safer Lifestyles</b><br>Relationships and Sex Education<br><br>(2 lessons -Body Knowledge & body awareness/image) |
| Retrieval | Who can help me at home and at school? What could I do if I get lost? Road safety.                                 |  | How do babies grow and change? What are my responsibilities as I grow?   |
|           | <b>Resilience</b> , revising/improving, reasoning, passion for learning, curiosity, imagination, creativity        |  |  |
| Summer    | <b>Economic Wellbeing</b><br>Financial Capability<br><br>(5 lessons)   | <b>Myself and My Relationships</b><br>Anti-bullying<br><br>(7 lessons)         | <b>Myself and My Relationships</b><br>Managing change<br><br>(2 lessons)   |
| Retrieval | What is money and why do we need it?   | How can I get to know the people in my class? Who do I share my feelings with? | How do things change as I get older? How do friendships change?  |
|           | <b>Responsibility</b> , good humour, risk-taking, <b>optimism</b> , self-esteem                                    |  |  |

**Healthy and Safer Lifestyles** Digital Lifestyles – covered through e-safety

R2R – Explicit Character Muscles to be taught.

**New Character Muscles.**