

PSHE/RSHE Scheme of Work

Kindergarten

<u>Autumn 1</u> Me & My Relationships	<u>Autumn 2</u> Valuing Difference	<u>Spring 1</u> Keeping Myself Safe	<u>Spring 2</u> Rights and Responsibilities	<u>Summer 1</u> Being My Best	<u>Summer 2</u> Growing and Changing
Within this topic, the children will learn about the following: <ul style="list-style-type: none">• Marvellous me.• I'm special.• People who are special to me.	Within this topic, the children will learn about the following: <ul style="list-style-type: none">• Me and my friends.• Friends and family.• Including everyone.	Within this topic, the children will learn about the following: <ul style="list-style-type: none">• People who keep me safe.• Safety indoors and outdoors.• What's safe to go inside my body.	Within this topic, the children will learn about the following: <ul style="list-style-type: none">• Looking after myself.• Looking after others.• Looking after the environment.	Within this topic, the children will learn about the following: <ul style="list-style-type: none">• What does my body need?• I can keep trying.• I can do it!	Within this topic, the children will learn about the following: <ul style="list-style-type: none">• Growth and change within nature.• When I was a baby.• Girls, boys and families.

Reception Class

<u>Autumn 1</u> Me & My Relationships	<u>Autumn 2</u> Valuing Difference	<u>Spring 1</u> Keeping Myself Safe	<u>Spring 2</u> Rights and Responsibilities	<u>Summer 1</u> Being My Best	<u>Summer 2</u> Growing and Changing
<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • All about me. • What makes me special. • Who can help me. • My feelings. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Same and different. • Different families. • Different homes. • Kind and caring. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • What's safe to onto my body. • Staying healthy, including medicines. • Listening to my feelings. • People who help to keep me safe. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Looking after my friends. • Being helpful at home. • Caring for our world. • Looking after money. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Bouncing back when things go wrong. • Healthy eating. • Moving your body. • Getting a good night's sleep. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Seasons. • Life changes – plants, animals and humans. • Where do babies come from? • Getting bigger. • My body – girls and boys.

Prep I

<u>Autumn 1</u> Me & My Relationships	<u>Autumn 2</u> Valuing Difference	<u>Spring 1</u> Keeping Myself Safe	<u>Spring 2</u> Rights and Responsibilities	<u>Summer 1</u> Being My Best	<u>Summer 2</u> Growing and Changing
<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Why we have classroom rules. • Our feelings and thinking about these. • Feelings and Bodies • People who are special to us. • Good friends. • The importance of listening. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • How are we the same, similar or different. • What makes people special. • The importance of not being unkind, teasing or bullying. • Tolerance and inclusion. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Being healthy • The importance of sleep • Good touches/bad touches. • Sharing pictures 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Responsibilities around school. • Money and how to look after it. • Taking care of things. • Basic first aid. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Eating well. • Catch it. Bin it. Kill it! • Accepting praise and praising others. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Inside our bodies. • Then and now. • Surprises and secrets. • Keeping privates private.

Prep II

<u>Autumn 1</u> Me & My Relationships	<u>Autumn 2</u> Valuing Difference	<u>Spring 1</u> Keeping Myself Safe	<u>Spring 2</u> Rights and Responsibilities	<u>Summer 1</u> Being My Best	<u>Summer 2</u> Growing and Changing
<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Discussing feelings. • Types of bullying. • How to be a good friend. • The surroundings – the classroom. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • What makes us who we are. • How we make others feel. • Special people. • Acts of kindness. • How to solve a problem. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • What might make us feel unsafe. • What is fun and not. • When is right to tell someone. • Some secrets should not be kept. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Getting on with others. • Looking after the environment. • Feeling safe. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Trying hard and believing in yourself. • Being clean and healthy. • What your body needs. • What does your body do. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Moving away. • My body, your body. • Respecting privacy. • Basic first aid.

Prep III

<u>Autumn 1</u> Me & My Relationships	<u>Autumn 2</u> Valuing Difference	<u>Spring 1</u> Keeping Myself Safe	<u>Spring 2</u> Rights and Responsibilities	<u>Summer 1</u> Being My Best	<u>Summer 2</u> Growing and Changing
<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Team work. • Looking after special people. • Pets. • Friends are special. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Family and friends. • Community. • Respect. • Friends and neighbours. • Celebrating differences. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Safe/Unsafe. • Danger or risk. • Alcohol and cigarettes. • Help or harm? 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Volunteering. • Helping others to stay safe. • Looking after the environment. • Earning money. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Healthy eating. • I am fantastic! • Talents. • For or against. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Relationships. • Bodies. • Secret or surprise. • My changing body. • Basic first aid.

Prep IV

<u>Autumn 1</u> Me & My Relationships	<u>Autumn 2</u> Valuing Difference	<u>Spring 1</u> Keeping Myself Safe	<u>Spring 2</u> Rights and Responsibilities	<u>Summer 1</u> Being My Best	<u>Summer 2</u> Growing and Changing
<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • What is okay and not okay. • Different feelings. • When feelings change. • Feeling under pressure. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Friends and acquaintances. • The people we share our world with. • Stereotypes. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Dangers, risks and hazards. • Medicines. • Staying safe. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • It's your right. • How we can make a difference. • The news. • Safety in numbers. • Expenses and taxes. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • What makes me me. • Making choices. • School community. • Basic first aid. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Moving house. • Different feelings. • Preparing for changes during puberty. • Secret or surprise?

Prep V

<u>Autumn 1</u> Me & My Relationships	<u>Autumn 2</u> Valuing Difference	<u>Spring 1</u> Keeping Myself Safe	<u>Spring 2</u> Rights and Responsibilities	<u>Summer 1</u> Being My Best	<u>Summer 2</u> Growing and Changing
<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Give and take • Being a good friend. • Being assertive. • Emotional needs. • Communication. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Qualities of friendships. • Kind conversations. • Happy being me. • It could happen to anyone. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Habits. • Spotting bullying. • Decisions. • Drugs. • Smoking. • Risk. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Fact or opinion. • Rights, responsibilities and duties. • Spending wisely. • Local councils. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Getting fit. • Different skills. • School community. • Independence. • Star qualities. • Basic first aid including sepsis awareness. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Feelings. • Changing bodies and feelings. • Growing up. • Stereotypes.

Prep VI

<u>Autumn 1</u> Me & My Relationships	<u>Autumn 2</u> Valuing Difference	<u>Spring 1</u> Keeping Myself Safe	<u>Spring 2</u> Rights and Responsibilities	<u>Summer 1</u> Being My Best	<u>Summer 2</u> Growing and Changing
<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Working together. • Negotiating. • Solving problems in friendships. • Behaving and acting appropriately. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • It's okay to be different. • Things in common. • Respecting differences. • Tolerating others and respect. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Think before you click. • Traffic lights. • To share or not? • Drugs – law. • Alcohol. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Two sides to every story. • Facebook friends. • Jobs and taxes. • Democracy – elections and laws. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Five steps to Wellbeing. • Risk. • Basic first aid, including sepsis awareness. 	<p>Within this topic, the children will learn about the following:</p> <ul style="list-style-type: none"> • Managing change. • Media manipulation. • Online pressure. • Making babies. • What is HIV?

Written: September 2021

Last reviewed: September 2023

To be reviewed: September 2024