

## Ashwell Primary School PSHCE Curriculum Overview

THROUGHOUT THE YEAR:	Self Regulation	Managing Self	Building Relationships
<b>Nursery</b>	<ul style="list-style-type: none"> <li>Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.</li> <li>Begin to understand how others might be feeling.</li> </ul>	<ul style="list-style-type: none"> <li>Develop their sense of responsibility and membership of a community.</li> <li>Show confidence in new social situations</li> <li>Increasingly follow rules, understanding why they are important.</li> <li>Develop appropriate ways of being assertive.</li> </ul>	<ul style="list-style-type: none"> <li>Play with one or more other children, extending and elaborating play ideas.</li> <li>Help to find solutions to conflicts and rivalries. E.g. accepting that not everyone can be spider-man in the game, and suggesting other ideas.</li> </ul>
<b>Reception</b>	<ul style="list-style-type: none"> <li>Understand and regulate feelings</li> <li>Control immediate responses</li> <li>Attend and engage to activities</li> </ul>	<ul style="list-style-type: none"> <li>Develop confidence, independence, resilience</li> <li>Know and follow rules</li> <li>Manage basic hygiene</li> </ul>	<ul style="list-style-type: none"> <li>Work and play cooperatively</li> <li>Form positive attachments</li> <li>Show sensitivity to needs</li> </ul>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b>	Communities Emotional Health	Emotional Health (ctd) Money	Caring Friendships	Health and Diseases Personal Hygiene	Families	My Body Girls and Boys
<b>Year 2</b>	Respectful Relationships – consent and respect	Caring Friendships	Keeping Healthy	Growing and Changing	Our Local Environment Money	Caring Friendships & Bullying
<b>Year 3</b>	School rules, health and safety Rights and Responsibilities	Emergency Procedures	Caring Friendships	5 Ways to Wellbeing	Family Relationships Living in the Wider World	
<b>Year 4</b>	Diversity and Discrimination	Internet Safety and Harms 1	Keeping Safe – Risks and Habits	Keeping Safe – Risks and Habits	Local, national and global communities	Puberty 1
<b>Year 5</b>	Rules and Laws	Enterprise	Internet Safety and Harms 2	Respectful Relationships	Keeping Safe - Peer Pressure	Puberty 2 Human Reproduction
<b>Year 6</b>	Internet Safety and Harms 3 Rights & Responsibilities	Emotional Health & Mindfulness	Managing Money	Caring Friendships	Keeping Safe - Change and Transitions	Sex and Relationships