

EYFS - PSHE

<p><b>Physical health and wellbeing</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about basic sun-safety</li> <li>• about healthy food choices</li> <li>• about the importance of basic hygiene routines</li> </ul> <p><b>KASE:</b> Empathetic, Reflective</p>	<p><b>Identity, society and equality</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about asking others for help</li> <li>• about what makes themselves special</li> </ul> <p><b>KASE:</b> Empathetic, Self-aware</p>	<p><b>Mental health and emotional wellbeing</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about different types of feelings</li> <li>• about managing different feelings</li> </ul> <p><b>KASE:</b> Empathetic, Self-aware, Reflective</p>
<p><b>Keeping safe and managing risk</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about trying new activities</li> <li>• about asking others for help</li> </ul> <p><b>KASE:</b> Reflective, Communicative</p>	<p><b>Careers, financial capability and economic wellbeing</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about the different jobs people do</li> <li>• the concept of earning money and spending money</li> </ul> <p><b>KASE:</b> Autonomous, Purposeful, Responsible</p>	
<p><b><u>Emotion Words:</u></b></p> <p>Happy, excited, sad, upset, kind, unkind, angry, calm, worried, fair, unfair, proud</p>	<p><b><u>Suggested stories:</u></b></p> <p>Have you filled a bucket today? Carol McCloud</p> <p>Rainbow Fish – Marcus Pfister</p> <p>Elmer - David McKee</p> <p>Giraffes Can't Dance – Giles Andree / Guy Parker-Rees</p> <p>The Lion Inside – Rachel Bright</p>	

## Year 1 - PSHE

<p><b>Physical health and wellbeing: Fun times</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about food that is associated with special times, in different cultures</li> <li>• about active playground games from around the world</li> <li>• about sun-safety</li> </ul> <p><b>KASE:</b> Empathetic, Reflective</p>	<p><b>Identity, society and equality: Me and others</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about what makes themselves and others special</li> <li>• about roles and responsibilities at home and school</li> <li>• about being co-operative with others</li> </ul> <p><b>KASE:</b> Empathetic, Self-aware</p>	<p><b>Mental health and emotional wellbeing: Feelings</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about different types of feelings</li> <li>• about managing different feelings</li> <li>• about change or loss and how this can feel</li> </ul> <p><b>KASE:</b> Empathetic, Self-aware, Reflective</p>
<p><b>Keeping safe and managing risk: Feeling safe</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• safety in familiar situations</li> <li>• about personal safety</li> <li>• about people who help keep them safe outside the home</li> </ul> <p><b>KASE:</b> Reflective, Communicative</p>	<p><b>Drug, alcohol and tobacco education: What do we put into and on to bodies?</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about what can go into bodies and how it can make people feel</li> <li>• about what can go on to bodies and how it can make people feel</li> </ul> <p><b>KASE:</b> Communicative, Fluent</p>	<p><b>Careers, financial capability and economic wellbeing: My money</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about where money comes from and making choices when spending money</li> <li>• about saving money and how to keep it safe</li> <li>• about the different jobs people do</li> </ul> <p><b>KASE:</b> Autonomous, Purposeful, Responsible</p>
<p><b><u>Emotion Words:</u></b></p> <p>Peaceful, love, loss (and EYFS words)</p>	<p><b><u>Suggested stories:</u></b></p> <p>Silly Billy – Anthony Brown</p> <p>Augustus and his smile – Catherine Rayner</p> <p>Bob’s Blue Period – Marion Dencharf</p> <p>Have you filled a bucket today? Carol McCloud</p>	

## Year 2 - PSHE

### Physical health and wellbeing: What keeps me healthy?

#### Pupils learn:

- about eating well
- about the importance of physical activity, sleep and rest
- about people who help us to stay healthy and well and about basic health and hygiene routines

**KASE:** Self-aware, Expert, Self-regulating

### Mental health and emotional wellbeing: Friendship

#### Pupils learn:

- about the importance of special people in their lives
- about making friends and who can help with friendships
- about solving problems that might arise with friendships

**KASE:** Resilient, Empathetic, Reflective

### Emotion Words:

Joy, grateful, hopeful, gladness, nervous, frustration, irritation

(and Reception & Year 1 words)

### Sex and relationship education: Boys and girls, families

#### Pupils learn:

- to understand and respect the differences and similarities between people
- about the biological differences between male and female animals and their role in the life cycle
- the biological differences between male and female children
- about growing from young to old and that they are growing and changing
- that everybody needs to be cared for and ways in which they care for others
- about different types of family and how their home-life is special

**KASE:** Expert, Fluent, Empathetic

### Suggested stories:

You're a rude pig Bertie! – Claudia Boldt

Happy, Sad and Feeling Glad – Yasmeen Ismail

### Keeping safe and managing risk: Indoors and outdoors

#### Pupils learn:

- about keeping safe in the home, including fire safety
- about keeping safe outside
- about road safety

**KASE:** Responsible, Metacognitive

### Drug, alcohol and tobacco education: Medicines and me

#### Pupils learn:

- why medicines are taken
- where medicines come from
- about keeping themselves safe around medicines

#### **Asthma lesson for Year 2, 3 or 4**

- that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use.


**KASE:** Fluent, Communicative

Hello Happy! - Stephanie Clarkson & Katie Apey

The Red Beast – K.I. Al-Ghani



## Year 4 - PSHE

<p><b>Identity, society and equality: Democracy</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about Britain as a democratic society</li> <li>• about how laws are made</li> <li>• learn about the local council</li> </ul> <p><b>KASE:</b> Expert, Communicative, Responsible</p>	<p><b>Physical health and wellbeing: What is important to me?</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• why people may eat or avoid certain foods (religious, moral, cultural or health reasons)</li> <li>• about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality)</li> <li>• about the importance of getting enough sleep</li> </ul> <p><b>KASE:</b> Empathetic, Self-aware</p>	<p><b>Sex and relationship education: Growing up and changing</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about the way we grow and change throughout the human lifecycle</li> <li>• about the physical changes associated with puberty</li> <li>• about menstruation and wet dreams</li> <li>• about the impact of puberty in physical hygiene and strategies for managing this</li> <li>• how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty</li> <li>• strategies to deal with feelings in the context of relationships</li> <li>• to answer each other's questions about puberty with confidence, to seek support and advice when they need it</li> </ul> <p><b>KASE:</b> Expert, Self-regulating, Empathetic</p>
<p><b>Drug, alcohol and tobacco education: Making choices</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them</li> <li>• about the effects and risks of drinking alcohol</li> <li>• about different patterns of behaviour that are related to drug use</li> </ul> <p><b>Asthma lesson for Year 2, 3 or 4</b></p> <ul style="list-style-type: none"> <li>• that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use </li> </ul> <p><b>KASE:</b> Reflective, Expert</p>	<p><b>Keeping safe and managing risk: Playing safe</b></p> <p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• how to be safe in their computer gaming habits</li> <li>• about keeping safe near roads, rail, water, building sites and around fireworks</li> <li>• about what to do in an emergency and basic emergency first aid procedures </li> </ul> <p><b>KASE:</b> Reflective, Purposeful</p>	
<p><b>Emotion Words:</b> Stressed, distress, cheerful, assertive, amused, envy, shame, embarrassment, inspiration (and all words from previous years)</p>	<p><b>Suggested stories:</b> No Worries <span style="float: right;">My Many Coloured Days – Dr Seuss</span> A Wibble called Biple / Willy and the Wobbly House – Margot Sunderland</p>	