Reinwood Infant and Nursery School – PSHE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	**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 Anti bullying week	**Healthy Me** Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	**Dreams and Goals** Challenges Perseverance Goal setting Overcoming obstacles Seeking help Jobs Achieving goals	**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 Anti bullying week 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 Being safe Medicine safety/safety with household items Road safety Linking health and happiness	**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 Naming body parts including private areas (correct terminology) Linking growing and learning Coping with change Transition
Year 2	**Being Me in My World** Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings Finance education	**Celebrating Difference** Understanding bullying Standing up for self and others Anti bullying week Making new friends Celebrating difference and remaining friends Understanding what makes us unique	**Dreams and Goals** Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	**Healthy Me** Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	**Relationships** Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	**Changing Me** Life cycles in nature Growing from young to old Increasing independence Naming body parts including private areas (correct terminology) Assertiveness Preparing for transition