

Hindhayes Curriculum for Life (PSHE): LONG-TERM OVERVIEW 2021

Term	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Wellbeing		
Assembly	Feeling safe and cared for/behaviour and respect			Hindhayes community/Street community(people who help us)			Staying Healthy /transition		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
EYFS	See themselves as a valuable individual.	Show sensitivity to their own and to others' needs.	Build constructive and respectful relationships. Show resilience and perseverance in the face of challenge. Identify and moderate their own feelings socially and emotionally.	Explain the reasons for rules, know right from wrong and try to behave accordingly.		Talk about the lives of the people around them and their roles in society.	Regular physical activity, healthy eating, toothbrushing, sensible amounts of 'screen time', having a good sleep routine	Express their feelings and consider the feelings of others. Think about the perspectives of others. Identify and moderate their own feelings socially and emotionally.	Being a safe pedestrian
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong, transition to year 2	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour naming body parts	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help.	Growing older; moving school/transition to Elmhurst	Safety in different environments; risk and safety at home; emergencies

