

St John's CEP School PSHE Curriculum Overview

Puzzle Piece	KS1 Skills		
	EYFS	Year 1	Year 2
<p>Being Me in My World</p> <p>Protected characteristics age disability race religion / belief</p>	<p>Help other to feel welcome.</p> <p>Making our school a safer place.</p> <p>Thinking about our right to learn.</p> <p>Caring for others.</p> <p>Working well with others.</p>	<p>Explain why my class is a happy and safe place to learn.</p> <p>Give different examples of where I or others make my class a safe and happy place.</p>	<p>Explain why my behaviour can impact others in my class.</p> <p>Explain my own and other's choices and say why some choices are better than others.</p>
<p>Celebrating Difference</p> <p>Protected characteristics age disability race religion / belief sexual orientation</p>	<p>Accept that we are all different.</p> <p>Include others when working and playing.</p> <p>Know how to help other people.</p> <p>Try to solve problems.</p> <p>Use kind words.</p> <p>Give and receive compliments.</p>	<p>Tell you some ways that I am different and similar to other people in my class, and why this makes us all special</p> <p>Explain what bullying is and how being bullied might make somebody feel..</p>	<p>Explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.</p> <p>Explain how it feels to have a friend and be a friend. I can also explain why it is OK to be different from my friends.</p>

<p>Dreams and Goals</p> <p>Protected characteristics age disability religion / belief</p>	<p>Stay motivated when doing something challenging.</p> <p>Keep trying even when things are tricky.</p> <p>Work well with a partner or a group.</p> <p>Have a positive attitude.</p> <p>Help others to achieve their goals.</p>	<p>Explain how I feel when I am successful and how this can be celebrated positively.</p> <p>Say why my internal treasure chest is an important place to store positive feelings.</p>	<p>Explain how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complemented each other.</p> <p>Explain how it felt to be part of a group and can identify a range of feelings about group work.)</p>
<p>Relationships</p> <p>Protected characteristics age gender reassignment pregnancy religion / belief sex sexual orientation</p>	<p>Know how to make friends.</p> <p>Try to solve friendship problems when they occur.</p> <p>Help others feel part of a group.</p> <p>Show respect when dealing with other people.</p> <p>Know how to help themselves and others when they feel upset.</p> <p>Know and show what makes a good friendship.</p>	<p>Explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.</p> <p>Give examples of behaviour in other people that I appreciate and behaviours that I don't like.</p>	<p>Explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.</p> <p>Give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.</p>
<p>Changing Me</p>	<p>Understand that everyone is unique and special.</p> <p>Can express</p>	<p>Compare how I am now to when I was a baby and explain some of the changes that will happen to</p>	<p>Use the correct terms to describe body parts</p>

<p>Healthy Me</p> <p>Protected characteristics age disability religion / belief</p>	<p>Make healthy choices.</p> <p>Eat a balance diet.</p> <p>Be physically active.</p> <p>Try to keep themselves and others safe.</p> <p>Know how to be a good friend and have a healthy relationship.</p> <p>Keep calm and deal with tricky situations.</p>	<p>Explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.</p> <p>Give examples of when being healthy can help me feel happy.</p>	<p>Explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices.</p> <p>Compare my own and my friends' choices and can express how it feels to make healthy and safe choices.</p>
<p>Protected characteristics age disability gender reassignment pregnancy race religion / belief sex sexual orientation</p>	<p>Describe how they feel when they are happy.</p> <p>Understand and respect changes which happen in them.</p> <p>Understand changes which happen in them.</p> <p>Look forward to change.</p>	<p>I can use the correct names for body parts</p> <p>Explain why some changes I might experience might feel better than others.</p>	<p>I can explain why some types of touches feel OK and others don't.</p> <p>Tell you what I like and don't like about being a boy/ girl and getting older, and recognise that other people might feel differently to me.</p>