

Ashwell Primary School PSHCE Curriculum Overview

THROUGHOUT THE YEAR:	Self Regulation	Managing Self	Building Relationships
Nursery	<ul style="list-style-type: none"> Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. Begin to understand how others might be feeling. 	<ul style="list-style-type: none"> Develop their sense of responsibility and membership of a community. Show confidence in new social situations Increasingly follow rules, understanding why they are important. Develop appropriate ways of being assertive. 	<ul style="list-style-type: none"> Play with one or more other children, extending and elaborating play ideas. 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.
Reception	<ul style="list-style-type: none"> Understand and regulate feelings Control immediate responses Attend and engage to activities 	<ul style="list-style-type: none"> Develop confidence, independence, resilience Know and follow rules Manage basic hygiene 	<ul style="list-style-type: none"> Work and play cooperatively Form positive attachments Show sensitivity to needs

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Whole School	<i>5 ways to wellbeing</i> 'Connect'	<i>5 ways to wellbeing</i> 'Be Active'	<i>5 ways to wellbeing</i> 'Take Notice'	<i>5 ways to wellbeing</i> 'Keep Learning'	<i>5 ways to wellbeing</i> 'Give'	<i>5 ways to wellbeing</i> 'Review'
Year 1	Families and Relationships	Families and Relationships	Health and Wellbeing	Citizenship	Economic Wellbeing	Safety and the Changing Body
Year 2	Families and Relationships	Families and Relationships	Health and Wellbeing	Citizenship	Economic Wellbeing	Safety and the Changing Body
Year 3	Families and Relationships	Families and Relationships	Health and Wellbeing	Citizenship	Economic Wellbeing	Safety and the Changing Body
Year 4	Families and Relationships	Families and Relationships	Health and Wellbeing	Citizenship	Economic Wellbeing	Safety and the Changing Body
Year 5	Families and Relationships	Families and Relationships	Health and Wellbeing	Citizenship	Economic Wellbeing	Safety and the Changing Body
Year 6	Families and Relationships	Families and Relationships	Health and Wellbeing	Citizenship	Economic Wellbeing	Safety and the Changing Body Identity