

Ashwell Primary School PSHCE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Whole School	5 ways to wellbeing 'Be Active'	5 ways to wellbeing 'Connect'	5 ways to wellbeing 'Take Notice'	5 ways to wellbeing 'Give'	5 ways to wellbeing 'Keep Learning'	5 ways to wellbeing 'Review'
Nurs	<p><i>Learning in the EYFS lays the foundations for this subject through the seven areas of learning, shaped by both statutory and non-statutory guidance. Children develop key knowledge, skills, and attitudes through a balance of high-quality adult-led and child-initiated experiences, ensuring a smooth transition into the subject specific curriculum in Key Stage 1 and beyond.</i></p> <p>Self-Regulation</p> <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. <p>Managing Self</p> <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. <p>Building Relationships</p> <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. 					
Rec	<p>Self-Regulation</p> <ul style="list-style-type: none"> • Understand and regulate feelings • Control immediate responses • Attend and engage to activities <p>Managing Self</p> <ul style="list-style-type: none"> • Develop confidence, independence, resilience • Know and follow rules • Manage basic hygiene <p>Building Relationships</p> <ul style="list-style-type: none"> • Work and play cooperatively • Form positive attachments • Show sensitivity to needs 					

Kapow Reception Lessons - <i>Not all lessons listed will be taught discretely, where opportunities may arise for these skills to be taught in other areas of the curriculum.</i>		
Unit 1 - Self-Regulation: Listening and following instructions:	Unit 3 - Building Relationships: Special Relationships:	Unit 5 - Managing Self – My wellbeing
Unit 2 - Self-Regulation: My feelings	Unit 4 - Building Relationships: My family and friends	Unit 6 - Managing Self – Taking on challenges

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Year 1	My healthy self: How can we look after our emotions? 1x Zones of Regulation 1x Kapow Introduction Lesson 6 lessons	Connecting with others: How can I help myself and others feel safe. + Antbullying Week 6 lessons	The Online World: How do we spend time online + Children's MH Week 6 lessons	Citizenship: How can I help others in the environment? 1x Zones of Regulation 6 lessons	Health Protection: How can I protect myself and others in daily life? 6 lessons	Staying Safe: How can I stay safe? 1x Zones of Regulation 6 lessons
Year 2	My healthy self: How can we look after our bodies? 1x Zones of Regulation 6 lessons	Connecting with others: How can I build safe, kind and caring relationships with others. + Antbullying Week 6 lessons	The Online World: How do we spend time online + Children's MH Week 6 lessons	Citizenship: How do people belong to a community and earn money? 1x Zones of Regulation 6 lessons	Growing Up: How can we look after and respect our bodies as we grow? 6 lessons	Staying Safe: How can I make safe choices in different places? 1x Zones of Regulation 6 lessons
Year 3	My healthy self: How can I look after my mind and body? 1x Zones of Regulation 1x Kapow Introductory Lesson 6 lessons	Connecting with others: What helps us feel safe and included? + Antbullying Week 6 lessons	The Online World: How should we communicate online? + Children's MH Week 6 lessons	Citizenship: What rights and responsibilities to we have? 1x Zones of Regulation 6 lessons	Health Protection: How can we prevent illness and injury and respond if they happen? 6 lessons	Citizenship: What careers do people choose and why? 1x Zones of Regulation 6 lessons
Year 4	My healthy self: How can I make healthy choices? 1x Zones of Regulation 1x Kapow Introductory Lesson 6 lessons	Connecting with others: How can we respect each other? + Antbullying Week 6 lessons	The Online World: How can we decide who to trust online? + Children's MH Week 6 lessons	Citizenship: How can I spend my money wisely? 1x Zones of Regulation 6 lessons	Growing Up: How will my body and emotions change as I grow up? 6 lessons	Staying Safe: What signs help me to recognise what is safe or unsafe? 1x Zones of Regulation 6 lessons
Year 5	My healthy self: How can I support my mind and body as I grow? 6 lessons	Connecting with others: Why are healthy relationships important? + Antbullying Week 6 lessons	The Online World: How am I influenced by what I see online? + Children's MH Week 6 lessons	Citizenship: How can we make a difference in our communities and beyond? 6 lessons	Growing Up: How can I manage the changes to my body and emotions as I grow up? 6 lessons	Citizenship: How can we protect everyone's rights? (Y6 lesson) 6 lessons
Year 6	My healthy self: How do my choices today shape my future health? 6 lessons	Connecting with others: What does it mean to stand up for myself and others? + Antbullying Week 6 lessons	The Online World: How do I feel about the things I see online? + Children's MH Week 6 lessons	Staying Safe: How can I stay safe as I grow up? 6 lessons	Sex Education: How do people become parents and carers? 6 lessons	Game Of Actual Life (G.O.A.L) Citizenship: How can we be in control of our money? 6 lessons