



Cupernham Infant School – PSHE Overview



	Year R	Year 1	Year 2
Autumn 1 Being Me in My World	<ul style="list-style-type: none"> - Self-identity - Understanding feelings - Being in a classroom - Being gentle - Rights and responsibilities 	<ul style="list-style-type: none"> - Feeling special and safe - Being part of a class - Rights and responsibilities - Rewards and feeling proud - Consequences - Owning the Learning Charter 	<ul style="list-style-type: none"> - Hopes and fears for the year - Rights and responsibilities - Rewards and consequences - Safe and fair learning environment - Valuing contributions - Choices - Recognising feelings
Autumn 2 Celebrating Difference	<ul style="list-style-type: none"> - Identifying talents - Being special - Families - Where we live - Making friends - Standing up for yourself 	<ul style="list-style-type: none"> - Similarities and differences - Understanding bullying and knowing how to deal with it - Making new friends - Celebrating the differences in everyone 	<ul style="list-style-type: none"> - Assumptions and stereotypes about gender - Understanding bullying - Standing up for self and others - Making new friends - Gender diversity - Celebrating difference and remaining friends
Spring 1 Dreams and Goals	<ul style="list-style-type: none"> - Challenges - Perseverance - Goal-setting - Overcoming obstacles - Seeking help - Jobs - Achieving goals 	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - Achieving realistic goals - Perseverance - Learning strengths - Learning with others - Group co-operation - Contributing to and sharing success
Spring 2 Healthy Me	<ul style="list-style-type: none"> - Exercising bodies - Physical activity - Healthy food - Sleep - Keeping clean - Safety 	<ul style="list-style-type: none"> - Keeping myself healthy - Healthier lifestyle choices - Keeping clean - Being safe - Medicine safety/safety with household items - Road safety - Linking health and happiness 	<ul style="list-style-type: none"> - Motivation - Healthier choices - Relaxation - Healthy eating and nutrition - Healthier snacks and sharing food
Summer 1 Relationships	<ul style="list-style-type: none"> - Family life - Friendships - Breaking friendships - Falling out - Dealing with bullying - Being a good friend 	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - Different types of family - Physical contact boundaries - Friendship and conflict - Secrets - Trust and appreciation - Expressing appreciation for special relationships
Summer 2 Changing Me	<ul style="list-style-type: none"> - Bodies - Respecting my body - Growing up - Growth and change - Fun and fears - Celebrations 	<ul style="list-style-type: none"> - Life cycles – animal and human - Changes in me - Changes since being a baby - Differences between female and male bodies (correct terminology) - Linking growing and learning - Coping with change - Transition 	<ul style="list-style-type: none"> - Life cycles in nature - Growing from young to old - Increasing independence - Differences in female and male bodies (correct terminology) - Assertiveness - Preparing for transition