

YEAR R PSHE OVERVIEW

<u>Autumn 1</u> Me – a special person	<u>Autumn 2</u> Family celebrations and relationships	<u>Spring 1</u> Me – now and then	<u>Spring 2</u> People who help us	<u>Summer 1</u> Keeping myself safe	<u>Summer 2</u> Being my best
Establish hygiene routines	Class charter (copy on wall and in class PDL book)	Me - now and then	Rights and responsibilities (Coram life education resource) RRR (5 basic rights)	Keeping myself safe (Coram education life resource) Sun safety	Being my best (Coram life education resource) Being healthy and safe in school
Miss Beanie stories PSE 40-60 months (speech bubbles of children's thoughts after each story in PDL book)	Family celebrations and relationships	PATHS	Looking after my special people (photos of family appreciation event in PDL book) Link to Mothers and others day	What is safe to go on my body? (safe / unsafe posters – copies for PDL book and class wall)	Bouncing back when things go wrong
	PATHS – zones of regulation to match PATHS faces. Being kind PSED - Children in Reception	Life education visit-physical health and emotional wellbeing (photos of visit in PDL book)	Looking after my friends	What is safe to go in my body? (including medicines)	Yes I can!
	RRR Article 27		Being helpful at home and carrying for our classroom	Safe indoors and outdoors	A good night's sleep (copies of 'a good night's sleep' activity sheet in PDL book) Move your body
			Looking after money (1) – recognising, spending, using	Listening to my feelings – zones of regulation	Clever never goes NSPCC pants
			Looking after money (2) – saving money and keeping it safe	People who keep me safe – include Article 24 "Governments (schools) must provide good quality health care, clean water, nutritious food and a clean environment and education and health and well being"	Looking forward to Year 1 Sustainability lesson – around and about the school