



Forever Learning: Limitless potential for every child

PSHE Curriculum Map (Year 1 - Year 2 are Piloting a new PSHE scheme)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Independence Separating for caregivers	Toileting/Pants Rule Managing emotions	Building relationships	Collaborating and negotiating	Health, growth and change	Health, growth and change
Reception Self regulation	Zones of regulation adapt to routines/changes Be aware of similarities and differences between themselves and others	Talk about own and others feelings Manage conflict, own feelings. seek help and adapt to new/challenging situations confidence to speak about needs wants and interests Eat healthy food and understand needs describe physical changes	Be aware of behavioural expectations sensitive to ideas of justice and fairness. Describe what they are good at, do well and what they are getting better at. Describe foods textures and tastes and notice changes when cooking.	Be aware of behavioural expectations sensitive to ideas of justice and fairness. Describe what they are good at, do well and what they are getting better at. Describe foods textures and tastes and notice changes when cooking.	Awareness of own and others feelings and regulate our behaviour Work towards a goal and wait for what they want Listen and follow instructions following several ideas/actions Confident to try new activities with resilience and perseverance	Awareness of own and others feelings and regulate their behaviour Work towards a goal and wait for what they want Listen and follow instructions following several ideas/actions Confident to try new activities with resilience and perseverance

		<p>feeling unwell angry, etc, daily routine pattern eating and sleeping</p> <p>Understand and practice safety measures and transport and store equipment safely</p>	<p>Be aware of good practices in regards to exercise, eat, sleep, hygiene and good health</p> <p>Aware of Safety when tackling challenges and managing risks</p>	<p>Be aware of good practices in regards to exercise, eat, sleep, hygiene and good health</p> <p>Aware of Safety when tackling challenges and managing risks</p>	<p>Explain reasons for rules</p> <p>Manage own basic hygiene and understand importance of healthy food choices</p>	<p>Explain reasons for rules</p> <p>Manage own basic hygiene and understand importance of healthy food choices</p>
<p>Managing self and building relationships</p>	<p>Understanding rules and expectations</p> <p>Able to change behaviour with new routines</p> <p>Building relationships with peers – taking turns</p> <p>Identifying own emotions and emotions of others (being empathetic)</p>	<p>Managing emotions and express emotions</p> <p>Personal safety / safety of others</p> <p>Healthy choices: exercise / food / water / sleep</p> <p>Play with others</p> <p>Build positive relationships with peers and adults</p> <p>Understanding others points of view</p>	<p>Understanding the principle of equality</p> <p>Resolving a disagreement / problem with a friend by themselves</p> <p>Identifying their own strengths and being positive about achievements</p> <p>Make healthy choices: exercise / food / water / sleep</p> <p>Aware of personal safety</p>	<p>Understanding the principle of equality</p> <p>Resolving a disagreement / problem with a friend by themselves</p> <p>Identifying their own strengths and being positive about achievements</p> <p>Make healthy choices: exercise / food / water / sleep</p> <p>Aware of personal safety</p>	<p>Regulating own behaviour in different settings</p> <p>Ability to wait for their needs to be met</p> <p>Listen, understand and follow multi-step instructions</p> <p>Be independent in undressing and dressing / toileting</p> <p>Understand their own body's needs (hunger / thirst)</p>	<p>Regulating own behaviour in different settings</p> <p>Ability to wait for their needs to be met</p> <p>Listen, understand and follow multi-step instructions</p> <p>Be independent in undressing and dressing / toileting</p> <p>Understand their own body's needs (hunger / thirst)</p>

			and safety of others Able to Identifying risk and safety of the environment Develop teamwork skills	and safety of others Able to Identifying risk and safety of the environment Develop teamwork skills	In learning be: independent / resilient / resourceful / knowledgeable / have team work skills. Be empathetic and make positive relationships with children and adults.	In learning be: independent / resilient / resourceful / knowledgeable / have team work skills. Be empathetic and make positive relationships with children and adults.
Year 1	This is me Happy space Shoot for the stars Friendships My family Falling out	Anti-bullying Healthy minds and bodies Feelings Sleep Food and exercise Play	My community Out and about Rules Consequences Helping others Our world	Eco friendly News Internet Screen time Controlling my emotions Just imagine	My body Boundaries Secrets Happiness in nature Charities and volunteers Being thankful	Money Safety Timeline Who help us Being courageous Moving on up
Year 2	Our Happy Space Funny feelings This is me Team work makes the dream work Friendship Families	Anti-bullying Overcoming the mistakes Being healthy Nutrition and teeth Activity and recharging Play	Shoot for the stars My community Being responsible Online safety Safety in the home Recognising risk	Out and about Safety 1 What to do in an emergency Fearless Secrets Peer pressure Recognising feelings	Medical matters Fun in the sun Out and about safety Money Needs and wants Diversity	Private business PANTS Life cycles Team eco Different jobs Moving on