



Roe Lee Park Primary School & Nursery

Free to Flourish

PSHE -Term Curriculum Overview

Health and Wellbeing	Relationships	Living in the Wider World
<ul style="list-style-type: none"> • Safety • Ourselves • Staying healthy 	<ul style="list-style-type: none"> • Feelings • Positive relationships 	<ul style="list-style-type: none"> • Financial responsibility • Citizenship

Nursery:

- Plays with one or more other children, extending and elaborating play ideas.
- Enjoys playing alone, alongside and with others, inviting others to play and attempting to join others' play.
- Seeks out companionship with adults and other children, sharing experiences and play ideas.
- Enjoys a sense of belonging through being involved in daily tasks.
- Select and use activities and resources, with help when needed.
- This helps them to achieve a goal they have chosen, or one which is suggested to them.
- Shows their confidence and self-esteem through being outgoing towards people, taking risks and trying new things or new social situations and being able to express their needs and ask adults for help.
- Talks about how others might be feeling and responds according to their understanding of the other person's needs and wants.
- Shows interest in the lives of people who are familiar to them.
- Is aware of being evaluated by others and begin to develop ideas about themselves according to the messages they hear from others. Is sensitive to others' messages of appreciation or criticism.
- Become more outgoing with unfamiliar people, in the safe context of their setting.
- Show more confidence in new social situation.
- Understand gradually how others might be feeling.
- Shows increasing consideration of other people's needs and gradually more impulse control in favourable conditions, e.g. giving up a toy to another who wants it.
- Practices skills of assertion, negotiation and compromise and looks to a supportive adult for help in resolving conflict with peers.
- Understands that expectations vary depending on different events, social situations and changes in routine, and becomes more able to adapt their behaviour in favourable condition.



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- Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. Is more able to recognise the impact of their choices and behaviours/actions on others and knows that some actions and words can hurt others' feelings.

Reception:

- Understands their own and other people's feelings, offering empathy and comfort.
- Some children may have had to make many different relationships in their life.
- This may have impacted on their understanding of what makes a consistent and stable relationship.
- Identify and moderate their own feelings socially and emotionally.
- Has a clear idea about what they want to do in their play and how they want to go about it.
- Shows confidence in choosing resources and perseverance in carrying out a chosen activity.
- Develops particular friendships with other children, which help them to understand different points of view and to challenge their own and others' thinking.
- Can describe their competencies, what they can do well and are getting better at; describing themselves in positive but realistic terms.
- See themselves as a valuable individual.
- Express their feelings and consider the feelings of others.
- Manage their own needs.
- Is increasingly socially skilled and will take steps to resolve conflicts with other children by negotiating and finding a compromise; sometimes by themselves, sometimes with support.
- Talk about members of their immediate family and community.
- Name and describe people who are familiar to them.
- Chooses to move in a range of ways, moving freely and with confidence making changes to body shape, position and pace of movement such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.
- Know and talk about the different factors that support their overall health and wellbeing.
- Describes physical changes to the body that can occur when feeling unwell, anxious, tired, angry or sad.
- Has a clear idea about what they want to do in their play and how they want to go about it.
- Shows care and concern for living things and the environment.
- Develops digital literacy skills by being able to access, understand and interact with a range of technologies.
- Build constructive and respectful relationships.
- Is more able to manage their feelings and tolerate situations in which their wishes cannot be met.



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Relationships – what is the same and different about us?	Relationships – who is special to us?	Health and wellbeing – what helps us stay healthy?	Living in the wider world – what can we do with money?	Health and wellbeing – who helps to keep us safe?	Living in the wider world – how can we look after each other and the world?
Year 2	Relationships – what makes a good friend?	Relationships – what is bullying?	Living in the wider world – what jobs do people do?	Health and wellbeing – what helps us to stay safe?	Health and wellbeing – what helps us grow and stay healthy?	Health and wellbeing – how do we recognise our feelings?
Year 3	Relationships – How can we be a good friend?	Health and wellbeing – what keeps us safe?	Relationships – what are families like?	Living in the wider world – what makes a community?	Health and wellbeing – why should we eat well and look after our teeth?	Health and wellbeing – why should we keep active and sleep well?
Year 4	Health and wellbeing – what strengths, skills and interests do we have?	Relationships – how do we treat each other with respect?	Health and wellbeing – how can we manage our feelings?	Health and wellbeing – how will we grow and change?	Living in the wider world – how can our choices make a difference to others and the environment?	Health and wellbeing – how can we manage risk in different places?
Year 5	Health and wellbeing – what makes up a person's identity?	Living in the wider world – what decisions can people make with money?	Health and wellbeing – how can we help in an accident or emergency?	Relationships – How can friends communicate safely?	Health and wellbeing – how can drugs common to everyday life affect health?	Living in the wider world – what jobs would we like?
Year 6	Health and wellbeing – how can we keep healthy as we grow?		Living in the wider world – how can the media influence people?		Relationships – what will change as we become more independent? How do friendships change as we grow?	