

Heritage Park Primary School

PSHCE Scheme of Work - Early Years

Autumn 1	Spring 1	Summer 1
<p><u>Myself & My Relationships</u> <u>Beginning and Belonging</u></p> <ul style="list-style-type: none"> • How am I special and what is special about other people in my class? • What have I learnt to do and what would I like to learn next? • How do we welcome new people to our class? • What can I do to help everyone in our classroom feel safer and happier? • How can I play and work well with others? • How can I show I am listening to an adult? • What can help me to follow instructions? 	<p><u>Citizenship</u> <u>Identities & Diversity</u></p> <ul style="list-style-type: none"> • Who are the people in my class and how are we similar to and different from each other? • Who are the people in my family, and who are the people in other families? • What is especially important to my family and me? • What are some of the similarities and differences in the way people live their lives? • What is life like in other countries? • How can we value different types of people including what they believe in and how they live their lives? • How do we celebrate what we believe in and how is this different for different people? 	<p><u>Healthy & Safer Lifestyles</u> <u>Keeping Safe</u></p> <ul style="list-style-type: none"> • What are some situations where I need to think about how to keep myself safer? • Do I understand simple safety rules for when I am at home, at school and when I am out and about? • What are the clues my body gives me if I am feeling unsafe? • Can I say 'No!' if I feel unsafe or unsure about something? • Can I ask for help and tell people who care for me if I feel unsafe, worried or upset? • Who are the people who help to keep me safe? • What goes on to and into my body and who puts it there? • Why do people use medicines? • What are the safety rules relating to medicines and who helps me with these?
Autumn 2	Spring 2	Summer 2
<p><u>Myself & My Relationships</u> <u>Family and Friends</u></p> <ul style="list-style-type: none"> • Who are my special people and why are they special to me? • Who is in my family and how do we care for each other? • What is a friend and how can I be a good one? • How do I make new friends? • How can I respect my own needs and the needs of others? • How can I make up with friends when I have fallen out with them? 	<p><u>Citizenship</u> <u>Me & My World</u></p> <ul style="list-style-type: none"> • Who are the people who help to look after me and my school? • How can I help to look after my school? • How can I help to care for my things at home? • Where do I live and what are the different places and features in my neighbourhood? • Who are the people who live and work in my neighbourhood, including people who help me? • How can we look after the local neighbourhood and keep it special for everybody? 	<p><u>Healthy & Safer Lifestyles</u> <u>Healthy Lifestyles</u></p> <ul style="list-style-type: none"> • What things can I do when I feel good and healthy? • What can't I do when I am feeling ill or not so healthy? • What can I do to help keep my body healthy? • Why are food and drink are good for us? • How can I make healthier choices about food? • What is exercise is and why is it good for us? • Why are rest and sleep good for us?

<ul style="list-style-type: none"> • How does what I do affect others? • Do I know what to do if someone is unkind to me? 	<ul style="list-style-type: none"> • What do animals and plants need to live and how can I help to take care of them? • What is money and why do we need it? 	
<p><u>Myself & My Relationships</u> <u>My Emotions</u></p> <ul style="list-style-type: none"> • Can I recognise and talk about my feelings? • Can I recognise emotions in other people and say how they might be feeling? • Do I know what might cause different emotions in myself and other people? • How might I and others feel when things change? • What are some simple ways to help myself feel better? • How can I help other people feel better? • What could I do when things are difficult for me? 	<p><u>Healthy & Safer Lifestyles</u> <u>My Body & Growing Up</u></p> <ul style="list-style-type: none"> • What does my body look like? • How has my body changed as it has grown? • What can my body do? • What differences and similarities are there between our bodies? • How can I look after my body and keep it clean? • How am I learning to take care of myself and what do I still need help with? • Who are the members of my family and trusted people who look after me? • How do I feel about growing up? 	