

PSHE Scheme of Work

Term	Puzzle name	Content
Autumn 1:	Being Me in My World	Includes understanding my place in the class, school and global community as well as devising Learning Charters.
Autumn 2:	Celebrating Difference	Includes anti-bullying and diversity work
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations for yourself and the world and working together.
Spring 2:	Healthy Me	Includes self-esteem and confidence as well as healthy lifestyle choices (on and off line)
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills

Reception	The Tiny Seed Jackson Pollack: Colour Splatting Cosmic Yoga	Naughty Bus Gardening/ Outdoors	Billy and the Beast Ice play Home corner	I am Henry Finch Colour mixing Biscuit making	The Night Pirates Sand sculptures	Cave Baby Making instruments to create sounds
Year 1	Beegu Café roleplay	Stanley's Stick Team building	The Odd Egg music Gardening	Where the wild things are nature collection walk	Astro Girl Music and dance	Izzy Gizmo Nighttime experience
Year 2	Last Stop on Market Street Bear hunt/treat	The Minpins Free painting	Jim and the Beanstalk Samba Music dance	Lubna and Pebble Watch film	Ocean Meets Sky Dark Den building	Rosie Revere Engineer Waterplay

4-5 EYFS	Family life; making friends; falling out and making up; being a good friend; dealing with bullying; growing up -how have I changed from baby to now; bodies (NOT including names of sexual parts); respecting my body and looking after it e.g. personal hygiene.
5-6 Year 1	Recognising bullying and how to deal with it; celebrating differences between people; making new friends; belonging to a family; being a good friend; physical contact preferences; people who help us; qualities as a friend and person; celebrating people who are special to me; life cycles - animal and human; changes in me; changes since being a baby; differences between female and male bodies; respecting my body and understand which parts are private
6-7 Year 2	Assumptions and stereotypes about gender; understanding bullying; standing up for self and others; making new friends; gender diversity; celebrating difference and remaining friends; learning with others; group co-operation; different types of family; physical contact boundaries; friendship and conflict; secrets (including those that might worry us); trust and appreciation; expressing appreciation for special relationships; life cycles in nature; growing from young to old; increasing independence; differences in female and male bodies (correct terminology); assertiveness; appreciate that some parts of my body are private.

4-5 EYFS	Understanding feelings; Identifying talents; being special; challenges; perseverance; goal-setting; overcoming obstacles; seeking help; physical activity; healthy food; sleep; Keeping clean; being safe; respecting my body; growing up; growth and change; fun and fears; celebrations.
5-6 Year 1	Feeling special and safe; rewards and feeling proud; consequences; setting goals; identifying successes and achievements; tackling new challenges; identifying and overcoming obstacles; feelings of success; keeping myself healthy; healthier lifestyle choices (including oral health); keeping clean; being safe; medicine safety/safety with household items; road safety; linking health and happiness; people who help us; changes in me; changes since being a baby; linking growing and learning; coping with change.
6-7 Year 2	Hopes and fears for the year; recognising feelings; achieving realistic goals; perseverance; motivation; healthier choices; relaxation; healthy eating and nutrition; healthier snacks and sharing food; growing from young to old.