



## PSHE Curriculum (including RSE)

### Nursery

	Autumn term	Spring Term	Summer term
Before the half term break	Talk about my family. Establish a sense of self.	Express preferences and decisions.  Try new activities.	Play with one or more other children.  Find a simple solution to a conflict.
After the half term break	Show some confidence in new social situations. Express a range of emotions.	Talk about my own feelings.  Increasingly follow rules, understanding why they are important.	Show an attachment to a key person or adult who they trust.  Explore new things and places with a trusted adult.

### Reception

	Autumn term	Spring Term	Summer term
Before the half term break	Have a sense of belonging to a class, noticing that all children in it are different.  Share and take turns in a group.	Focus attention on a task.  Know that we are all good at different things.	Know if someone is happy, sad or angry.  Talk about how to feel better when sad or missing someone.
After the half term break	Play with others and say sorry when needed.  Express feelings of happiness, excitement, sorrow and anger.	Identify things I like and don't like.  Stand up for my own needs without hurting others.	Say some ways in which I have changed.  Remember some personal feelings and the reasons for them.

### Year 1

	Autumn term	Spring Term	Summer term
Before the half term break	Feel safe within my class and know what makes me the same and different to others.  Know some ways to calm when feeling sad or upset.	Know some of my strengths as a learner and know we can learn in different ways.  Set a simple goal and break it down into small steps.	Know that being unkind doesn't make me feel better.  Know how I feel when I lose something or someone I care about.
After the half term break	Listen to other people when they are talking.  Know people hold different views. Recognise when someone looks upset.	Identify some things I am good at and those that I find more difficult.  Use more words to express my feelings. Know my body belongs to me.	Know somethings that have changed about me and somethings that won't change.  Talk about what might change in the future and know that some changes are natural.

### Year 2

	Autumn term	Spring Term	Summer term
Before the half term break	Know how to make someone feel welcome.  Know some ways to help others who may feel sad or upset.	Make a realistic goal and resist distractions.  Recognise when I am becoming bored or frustrated. Know what to do if I see something online I don't like.	Make myself feel better without hurting others.  Talk about my feelings when I feel alone or when I have to share someone or something that is important to me.

After the half term break	Work well within a group and give compliments to others.	Identify my own gifts and talents.	Know that to make some changes is hard and can take a long time.
	Make up with a friend when there has been a falling out. Know to tell someone if others are being unkind to me or someone else.	Know when I am being impulsive and when I'm thinking things through.	Identify changes that I can make happen.

### Year 3

	Autumn term	Spring Term	Summer term
Before the half term break	Talk about new experiences and ways to cope with the feelings they bring.  Give and accept compliments and know a friendship should make you feel good.	Know that our emotions can influence our learning attitudes.  Foresee obstacles and plan how to overcome them when setting goals.	Say when I might feel guilty and express feelings of guilt when necessary.  Take responsibility for my own behaviour
After the half term break	See things from someone else's point of view and be a good listener.  Know how my body changes when I start to get angry and know some ways to calm down.	Know what being hopeful and disappointed mean and share examples.  Understand that most people have worries and decide what I should do about them.	Know some reasons that change can be uncomfortable and scary.  Understand that everyone goes through different sorts of changes all the time.

### Year 4

	Autumn term	Spring Term	Summer term
Before the half term break	Know how to join a group and accept others into a group, recognising how it feels to feel unwelcome.  Manage own feelings, finding a variety of ways to calm down if necessary.	Know I am responsible for my own behaviour, including online, and that my feelings can influence this.  Manage frustrations using a number of strategies.	Know some things to do when I feel guilty and understand how I might have hurt others.  Recognise when I may feel guilty and use this to make a responsible choice.
After the half term break	Understand why someone may be feeling a certain way and use peaceful problems to resolve difficulties.  Recognise what my triggers for anger are and know how it feel to feel overwhelmed. Define what bullying is.	Recognise when I am experiencing strong emotions and knowing when I should stop and think before I act.  Know what it is to be assertive and express myself assertively in a variety of ways.	Know that even changes we want to happen can feel uncomfortable and difficult.  Describe some ways of dealing with the emotions that can arise from changes, including those imposed on me.