PSHE Framework: Year EYFS / 1 Year A

Upit 1	Myself and My	EL Cool Evolution the reasons for rules know right from wrong
Unit 1	Relationships	EL Goal – Explain the reasons for rules, know right from wrong and try to behave accordingly.
	veranousuibs	
	Establishing	How can I respect the needs of others?
	Everyday	How does my behaviour make other people feel?
	Excellence	• What can I do to make the classroom a safe and happy
		place?
		EL Goal - Show and understanding of their own feeling
		and those of others and begin to regulate their behaviour
		accordingly
	My Emotions	 What am I good at and what is special about me?
	1/2	How can I stand up for myself?
		Can I name some different feelings?
		• Can I describe situations in which I might feel happy, sad, cross
		etc?
		 How do my feelings and actions affect others?
		How do I manage some of my emotions and associated
		behaviours?
		 What are the different ways people might relax and what helps
		me to feel relaxed?
		 Who do I share my feelings with?
	Citizonahin	
	Citizenship	• How do rules and conventions help me to feel happy & safe?
	Rights, Rules and	• Can I listen to other people, share my views and take turns? RR
	Responsibilities 1/2	
	Tackled in every	
	unit	
Unit 2	Myself and My	EL Goal – work and play cooperatively and take turns with others
	Relationships Anti - Bullying 1/2	- Show sensitivity to their own and others needs
	Some objects to	Why might people fall out with their friends? CF
	be covered in Anti	Can I describe what bullying is? RR
	bullying week	• Do I understand some of the reasons people bully others? RR
		Why is bullying never acceptable or respectful? RR
		 How might people feel if they are being bullied? MW
		• Who can I talk to if I have worries about friendship difficulties or
		• Who can I talk to if I have worries about friendship difficulties or bullying? RR
		• Who can I talk to if I have worries about friendship difficulties or
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		 Who can I talk to if I have worries about friendship difficulties or bullying? RR How can I be assertive? RR
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unit 4 Healthy and EL Goal – Manage their own basic hygiene and personal need	Unit 4	Healthy and	EL Goal – manage their own basic hygiene and personal needs
Safer Lifestyles including dressing and going to the toilet		Safer Lifestyles	including dressing and going to the toilet

Yr 1 Transition	 When am I in charge of my actions and my body? How can I keep my body clean? How can I avoid spreading common illnesses and diseases? Can I identify a trusted adult I can talk to about my body? (from
Sex Education	 What are the names of the main parts of the body? What can my amazing body do? When am I in charge of my actions and my body?