

## PSHE Framework: Year EYFS / 1 Year B

<p><b>Unit 1</b></p>	<p><b>Myself and My Relationships</b></p> <p><b>Establishing Everyday Excellence</b></p>	<p>EL Goal – Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <ul style="list-style-type: none"> <li>• How can I respect the needs of others?</li> <li>• How does my behaviour make other people feel?</li> <li>• What can I do to make the classroom a safe and happy place?</li> </ul>
	<p><b>Citizenship</b></p> <p>Diversity and Communities 1 / 2 links to RE and Celebrating Diversity</p> <p><b>Citizenship</b></p> <p>Rights, Rules and Responsibilities 1 / 2 objectives <b>throughout all units</b></p>	<ul style="list-style-type: none"> <li>• What makes me 'me', what makes you 'you'?</li> <li>• Do all boys and all girls like the same things?</li> <li>• What is my family like and how are other families different?</li> <li>• What different groups do we belong to?</li> <li>• What is a stereotype and can I give some examples?</li> <li>• What does 'my community' mean and how does it feel to be part of it?</li> </ul> <ul style="list-style-type: none"> <li>• How do rules and conventions help me to feel happy &amp; safe?</li> <li>• Can I listen to other people, share my views and take turns</li> </ul>
<p><b>Unit 2</b></p>	<p><b>Myself and My Relationships</b></p> <p>Anti - Bullying 1/2</p> <p>Some objects to be covered in Anti bullying week</p> <p><b>My Family and Friends – 1 / 2</b></p>	<p>EL Goal – work and play cooperatively and take turns with others - Show sensitivity to their own and others needs</p> <ul style="list-style-type: none"> <li>• Why might people fall out with their friends?</li> <li>• Can I describe what bullying is?</li> <li>• Do I understand some of the reasons people bully others?</li> <li>• Why is bullying never acceptable or respectful?</li> <li>• How might people feel if they are being bullied?</li> <li>• Who can I talk to if I have worries about friendship difficulties or bullying?</li> <li>• How can I be assertive?</li> <li>• Do I know what to do if I think someone is being bullied?</li> <li>• How do people help me to build positive and safe relationships?</li> <li>• What does my school do to stop bullying? RR</li> </ul> <p>EL Goals - form positive attachments to adults and friendships with peers</p> <ul style="list-style-type: none"> <li>• Can I describe what a good friend is and does and how it feels to be friends?</li> <li>• Why is telling the truth important?</li> <li>• What skills do I need to choose, make and develop friendships?</li> <li>• How might friendships go wrong, and how does it feel?</li> </ul>

		<ul style="list-style-type: none"> <li>• How can I try to mend friendships if they have become difficult?</li> <li>• What is my personal space and how do I talk to people about it?</li> <li>• Who is in my family and how do we care for each other?</li> <li>• Who are my special people, why are they special and how do they support me?</li> </ul>
<b>Unit 3</b>	<p><b>Healthy and Safer Lifestyles</b></p> <p>My Body and Growing UP</p> <p>Relationships and Sex Education</p> <p>Yr 1</p>	<ul style="list-style-type: none"> <li>• What does my body look like?</li> <li>• How has my body changed as it has grown?</li> <li>• What can my body do?</li> <li>• What differences and similarities are there between our bodies?</li> <li>• How can I look after my body and keep it clean?</li> <li>• How am I learning to take care of myself and what do I still need help with?</li> <li>• Who are the members of my family and trusted people who look after me?</li> <li>• How do I feel about growing up?</li> </ul> <ul style="list-style-type: none"> <li>• What are the names of the main parts of the body?</li> <li>• When am I in charge of my actions and my body?</li> <li>• How can I keep my body clean?</li> <li>• How can I avoid spreading common illnesses and diseases?</li> </ul> <p><b>• Can I identify a trusted adult I can talk to about my body? (from RSE Year 3)</b></p>
<b>Unit 4</b>	<p><b>Healthy and Safer Lifestyles</b></p> <p>Managing Safety and Risk 1/2</p> <p>Transition</p>	<ul style="list-style-type: none"> <li>• What is my name, address and phone number and when might I need to give them?</li> <li>• What is an emergency and who can help?</li> <li>• What are the benefits and risks for me in the sun and how can I stay safer?</li> <li>• What are the risks for me if I am lost and how can I get help?</li> <li>• How can I help to stop simple accidents from happening and how can I help if there is an accident?</li> </ul>