

Long term subject Overview PSHE Term 1 Being Me in My World

National curriculum and/or guidance documents Health ed, RSE, British values Department for Education - (publishing.service.gov.uk)							
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Relationships Education, Relationships and Sex Education and Health Education guidance (publishing.service.gov.uk) Relationships Education Sex Education Citizenship British values • inclusion and equality of opportunity Development of character, confidence and resilience Physical Health and mental Well-being spiritual, moral, social and cultural development Safety Economic understanding							
Knowledge	Early Years	Year 1	Year 2				
Citizenship	To start to understand children's rights and this means we should all be allowed to learn and play		To understand the rights and responsibilities for being a member of my class and school				
	To learn what being responsible means (link to SJM learner skill)	To know that I belong to my class To understand my rights and responsibilities within our classroom and school					

 British values Inclusion and equality of opportunity 	To understand how it feels to belong and that we are similar and different	To feel special and safe in my class To know how to make my class a safe place for everybody to learn	To help to make my class a safe and fair place
Development of character, confidence and resilience	To understand that we are all unique.	an achievement	To listen to other people and contribute my own ideas about rewards and consequences
		To recognise the choices I make and understand the consequences To recognise the range of feelings when I face certain consequences	To recognise the choices I make and understand the consequences
Physical Health and mental Well- being spiritual, moral, social and cultural development	To start to recognise and manage my feelings. (Link to whole school work on zones of regulation) To work together and consider other people's feelings	n/a	To identify some of my hopes and fears for this year To recognise when I feel worried and know who to ask for help To work cooperatively
Safety	To understand why it is good to be kind and use gentle hands n/a	n/a	n/a
Economic understanding	n/a	n/a	n/a
Vocabulary	unique happy sad	safe calm special belonging rights responsibilities	worries hopes fears actions choice positive

	excited share rights	learning charter	negative belonging rights
	responsible	proud	responsibilities consequences rewards
Texts	Dogger by Shirley Hughes Hands are not for hitting by Martine Agassi No Hitting, Henry by Lisa Regan	The Huge Bag of Worries by Virginia Ironside I like myself by Karen Beaumont	The Huge Bag of Worries by Virginia Ironside I'll do it by Brian Moses and Mike Gordan We are all Born Free
Enhancements How the curriculum is enriched.			Whole school work on Zones of regulation including assemblies, displays and explicit teaching of the different zones and what this may look and feel like

Knowledge	Year 3	Year 4	Year 5	Year 6
Citizenship	n/a	To know how good it feels to be included in a group and understand how it feels to be excluded To understand who is in my school	To understand my rights and responsibilities as a citizen of my country and as a member of my school	To know that there are universal rights for all children but for many children these rights are not met
	a	community, the roles they play and how I fit in I can take on a role in a group and contribute to the overall outcome	To empathise with people in this country whose lives are different to my own	To understand my own wants and needs and can compare these with children in different communities

British values Inclusion and equality of opportunity 	n/a	To try to make people feel welcome and valued To understand how democracy works through the School Council To understand how democracy and having a voice benefits the school community	To understand how democracy and having a voice benefits the school community and know how to participate in this	To understand that my actions affect other people locally and globally To feel welcome and valued and know how to make others feel the same To understand how democracy and having a voice benefits the school community
Development of character, confidence and resilience	To recognise my worth and identify positive things about myself and my achievements. To set personal goals To value myself and know how to make someone else feel welcome and valued To face new challenges positively, make responsible choices and ask for help when I need it	n/a	To face new challenges positively and know how to set personal goals To know what I value most about my school and can identify my hopes for this school year	To identify my goals for this year, understand my fears and worries about the future and know how to express them I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them I understand why our school community benefits from a shared vision and how I can help others to follow it by modelling it myself

Physical Health and mental Well- being spiritual, moral, social and cultural development	 To recognise how it feels to be happy, sad or scared and be able to identify if other people are feeling these emotions To understand why rules are needed and how they relate to rights and responsibilities To understand that my actions affect myself and others and to care about other people's feelings To understand that my behaviour brings rewards/consequences To make responsible choices and take action To work cooperatively in a group To understand that my actions affect others and try to see things from their points of view 	To know my attitudes and actions make a difference to the class team To understand that my actions affect myself and others To care about other people's feelings and try to empathise with them To understand how rewards and consequences motivate people's behaviour To understand how groups come together to make decisions I can take on a role in a group and contribute to the overall outcome	To make choices about my own behaviour because I understand how rewards and consequences feel To understand that my actions affect me and others To understand how an individual's behaviour can impact on a group To contribute to the group and understand how we can function best as a whole	To make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities To understand how an individual's behaviour can impact on a group To contribute to the group and understand how we can function best as a whole
Safety	n/a	n/a	n/a	n/a
Economic understanding	n/a	n/a	n/a	n/a
Vocabulary	valued achievement personal goal praise emotions solutions support	include (included) exclude (excluded) team value role school community democracy	motivation challenge empathy citizen poverty prejudice refugee	want/s need/s compare opportunities obstacle legal illegal

	point of view cooperate rights responsibilities consequences rewards	vote contribution rights responsibilities charter UNCRC (United Nations Convention on the Rights of a Child)	migrant collaborate cooperate democracy goals rights responsibilities UNCRC	community goals valued rights responsibilities UNCRC (United Nations Convention on the Rights
			(United Nations Convention on the Rights of a Child)	of a Child)
Texts	We are all born free	We are all born free	The Promise	We are all born free
	Film link – Matilda at Crunchem Hall with Miss Trunchbull. Who can she talk to?	For every child	We are all born free For every child	For every child
Enhancements How the curriculum is enriched.	Whole school work on Zones of regulation including assemblies, displays and explicit teaching of the different zones and what this may look and feel like	Whole school work on Zones of regulation including assemblies, displays and explicit teaching of the different zones and what this may look and feel like	Whole school work on Zones of regulation including assemblies, displays and explicit teaching of the different zones and what this may look and feel like	Whole school work on Zones of regulation including assemblies, displays and explicit teaching of the different zones and what this may look and feel like