



|                               | Autumn Term 1  | Autumn Term 2  | Spring Term 1  | Spring Term 2   | Summer Term 1   | Summer Term 2  |
|-------------------------------|--|--|--|---|---|--|
| Focus                         | Myself   |  | My Community   |   | The Wider World   |  |
| PSHE Theme                    | Me and my relationships  | Me and my relationships  | Being safe   | Health and Wellbeing  | Health and Wellbeing  | Living in the wider world/ Relationships   |
| Important Dates/ Celebrations | Starting School<br>Rosh Hashanah<br>International Day of Languages<br>Yom Kippur<br>Harvest<br>World Mental Health Day<br>Diwali<br>Black History Month  | Bonfire Night<br>Anti Bullying Week<br>Remembrance Day<br>Children In Need<br>Christmas<br>Hanukkah  | Energy Saving Week<br>World Religion Day<br>Chinese New Year<br>LGBTB+ History Month<br>Number Day<br>Children's Mental Health Week<br>Safer Internet Day<br>International Woman's Day<br>Lent<br>Ramadan  | International Woman's Day<br>Lent<br>Holi<br>International Day of Happiness<br>Red Nose Day<br>Eid<br>Easter<br>Passover  | Earth Day<br>Mental Health Awareness Week<br>National Walking month<br>VE Day   | Refugee Week<br>Pride<br>Pentecost<br>Healthy Eating Week  |
| PSHE Lessons                  | <p>*Pink Goes to School- I will explore my feelings about starting school</p> <p>*Red Needs the Toilet- I will be able to locate the toilets when I am playing outside and when I go for my dinner.</p> <p>*Pink misses Mummy-</p> <p>*Yellow wants to play with Orange- I will learn to celebrate differences</p> <p>*Blue learns to share- I will learn to share my toys with my friends in reception. I will learn how to play fairly.</p> <p>*Why does Purple Play differently- I will be understanding of items, actions or situations which may or may not help a child with autism.</p> <p>*Pink is feeling sad- I will explore the feelings of sadness and what I can do</p> | <p>*Orange Brushes her Teeth</p> <p>*Blues Best Friend- I will understand friendly and unfriendly actions. I will begin to understand feelings of jealousy.</p> <p>*Yellow playfights- I will show an understanding of rules and games that I can play safely</p> <p>*Purple is Poorly- I will share my experience of visiting the doctors/pharmacy on my journey to feeling better.</p> <p>*Blue explore Road Safety</p> <p>*Blue gets lost- I will know what to do when I get lost.</p> <p>*Pink has a New Brother- I will explore helpful and unhelpful actions about having a new sibling. I will explore how having a new sibling might make me feel.</p> | <p>*Rainbow helps at home</p> <p>*Pink's Screen Time</p> <p>*Green's Green- I will understand whether certain foods can be eaten often or on special occasions</p> <p>*Rainbows food journey- I will learn about traditional meals around the world.</p> <p>*Orange helps out- I will show an understating of helpful and 'unhelpful' actions</p> <p>*Blue's indoor voice- I will show an understanding of rules including when to use a loud voice and indoor voice or both.</p> <p>*Green gets glasses/Red's Hearing Aid- I am beginning to understand how people might differ. I will explore disabilities and what aids a person might need.</p> | <p>*Yellow's Bedtime- I will explore the importance of sleep. I will understand how sleep keeps me feeling healthy and is good for my wellbeing</p> <p>*Yellow learns about Germs</p> <p>*Red visits the dentist- I will explore what happens when I visit the dentist and why it is important that I brush my teeth</p> <p>*Red's Nut Allergy- I will show an understanding of allergies and how I can stay healthy.</p> <p>*Purple's Pet Bird- I will show an understating of different emotions and how I can manage them.</p> | <p>*Rainbow visits the seaside</p> <p>*Rainbow's Day out</p> <p>*Red goes swimming- I will show an understanding of safe and unsafe actions when visiting a swimming pool</p> <p>*Green Stays in Hospital- I will share how I may feel about my experiences about being in a hospital.</p> <p>*Rainbow feels angry- I will show understanding of helpful and unhelpful actions when dealing with the feelings of anger.</p> | <p>*Yellow goes on holiday- I will share my thoughts and experiences of different types of holidays. I will be understanding of how I can stay cool in hot weather.</p> <p>*Green moves up a year (towards end of July) I will begin to explore my feelings about moving into Year 1.</p> <p>*Purple watches the news- I will understand my feelings of anxiousness and what I can do when I am feeling anxious</p> <p>*Orange moves house- I will share my thoughts and feelings about different scenarios that I may experience with moving house</p> <p>*Green's Daddy moves out- I will explore how I may feel when experiencing different situations and change.</p> <p>*Orange sleeps over- I will share my thoughts and feelings about scenarios I may experience when sleeping over at a friend's house.</p> <p>*Purple the passenger- I will demonstrate an understanding of 'safe' and 'unsafe' actions whilst travelling.</p> |