

Year: Foundation - PSHE

N.B At the start of every term, the first PSHE lesson will be an online safety lesson - please see separate pathway

| Self Regulation: My feelings. In this unit, children will: <ul style="list-style-type: none"> • Learn to explore and understand their feelings • Identify when they may be feeling something • Learn how to communicate and cope with their feelings and emotions. | | | | | | | |
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| EYFS links | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Key Vocabulary |
| <p> PSED: - Express their feelings and consider the feelings of others. - Identify and moderate their own feelings socially and emotionally. </p> <p> ELG: Self-regulation: Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. </p> | <p>Identifying my feelings.</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I can identify different feelings and emotions <p><i>SMSC: Social, Spiritual</i></p> <p><i>British Values: Individual Liberty, Mutual Respect, Tolerance</i></p> | <p>Feelings jars</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I can identify and express my emotions <p><i>SMSC: Social, Spiritual</i></p> <p><i>British Values: Individual Liberty, Mutual Respect, Tolerance</i></p> | <p>Coping strategies</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I understand different coping strategies to help regulate our emotions. • I can identify my own feelings. • I can consider the reasons behind my emotions. <p><i>SMSC: Social, Spiritual</i></p> <p><i>British Values: Individual Liberty, Mutual Respect, Tolerance</i></p> | <p>Describing feelings</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I understand the different adjectives that can be used to describe feelings. <p><i>SMSC: Social, Spiritual</i></p> <p><i>British Values: Individual Liberty, Mutual Respect, Tolerance</i></p> | <p>Facial expressions</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I can understand different facial expressions and what they mean. <p><i>SMSC: Social, Spiritual</i></p> <p><i>British Values: Individual Liberty, Mutual Respect, Tolerance</i></p> | <p>Creating a calm corner</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I can identify different feelings and know how to moderate my behaviour socially and emotionally <p><i>SMSC: Social, Spiritual</i></p> <p><i>British Values: Individual Liberty, Mutual Respect, Tolerance</i></p> | Feelings Emotions Anger Sadness Fear Love Calm Happiness Facial expression Negative emotions Positive emotions |

| Building relationships: Special relationships. In this unit, the children will: <ul style="list-style-type: none"> • Learn to explore why families and special people are valuable • Understand why it is important to share and develop strategies and see themselves as a valuable individual • Explore diversity through thinking about similarities and differences. | | | | | | | |
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| EYFS links | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Key Vocabulary |
| <p> PSED: - See themselves as a valuable individual. - Think about the perspectives of others. - Build constructive and respectful relationships. - Think about the perspectives of others </p> <p> Understand the World: - Talk about members of their immediate family and community. - Name and describe people who are familiar to them. </p> <p> ELG: Building Relationships: Work and play cooperatively and take turns with others. </p> <p> ELG: People, Culture and Communities: Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class. </p> | <p>My family</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I can talk about my family. • I understand that all families are valuable and special. <p><i>SMSC: Social, Moral, Spiritual, Cultural</i></p> <p><i>British Values: Individual Liberty, Mutual Respect, Tolerance</i></p> | <p>Special people</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I can talk about people that hold a special place in my life. • I know what it means to be a valued person. <p><i>SMSC: Social, Moral, Spiritual, Cultural.</i></p> <p><i>British Values: Individual Liberty, Mutual Respect, Tolerance</i></p> | <p>Sharing</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I understand why it is important to share and cooperate with others. • I can use strategies to help when trying to share with others. <p><i>SMSC: Social, Moral, Spiritual.</i></p> <p><i>British Values: Democracy, Rule of Law, Mutual Respect, Tolerance</i></p> | <p>I am unique</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I understand that I am a valuable individual. • I understand that it is ok to like different things <p><i>SMSC: Social, Moral, Spiritual, Cultural.</i></p> <p><i>British Values: Individual Liberty, Mutual Respect, Tolerance</i></p> | <p>My interests</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I understand that I am a valuable individual. • I know how to share my interest with the group. <p><i>SMSC: Social, Moral, Spiritual, Cultural.</i></p> <p><i>British Values: Individual Liberty, Mutual Respect, Tolerance</i></p> | <p>Similarities and Differences</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I know what diversity is by thinking about people's similarities and differences. <p><i>SMSC: Social, Moral, Spiritual, Cultural.</i></p> <p><i>British Values: Individual Liberty, Mutual Respect, Tolerance</i></p> | Families Special Share Individual Diversity Similarities Differences Love Community Parent Carer Relative Friend Unique Respect Team work Friendship Interests |

Managing self: Taking on challenges. In this unit, the children will:

- Understand why we have rules
- Learn the importance of persistence and perseverance in the face of challenges
 - learn how to communicate effectively with others
- Learn new skills that will help them show resilience and perseverance in the face of challenges.

| EYFS links | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Key Vocabulary |
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| <p>PSED: -Identify and moderate their own feelings socially and emotionally. - Show resilience and perseverance in the face of challenges.</p> <p>ELG: Managing Self: Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>ELG: Managing Self: Be confident to try new activities and show independence, resilience and perseverance in the face of challenges.</p> <p>ELG: Self-Regulation: Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly</p> | <p>Why do we have rules?</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I understand why we have rules <p><i>SMSC: Social, Moral</i></p> <p><i>British Values: Democracy, Rule of Law,</i></p> | <p>Building towers</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I understand the importance of persistence in the face of challenges. • I know how to develop confidence in my own ability to solve problems. <p><i>SMSC: Social, Moral, Spiritual</i></p> <p><i>British Values: Individual Liberty</i></p> | <p>Team den building</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I know how to work together as a group to overcome challenges. • I know how to communicate effectively with others. <p><i>SMSC: Social, Moral</i></p> <p><i>British Values: Individual Liberty, Mutual Respect, Tolerance</i></p> | <p>Grounding</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I know how to practise and use 'grounding' coping strategies. • I know to identify when I am feeling worried <p><i>SMSC: Social, Spiritual</i></p> <p><i>British Values: Individual Liberty</i></p> | <p>Team races</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I understand the importance of perseverance in the face of challenges. <p><i>SMSC: Social, Spiritual</i></p> | <p>Circus skills</p> <p>Knowledge:</p> <ul style="list-style-type: none"> • I know how to learn new skills • I understand how to show resilience and perseverance in the face of challenges. <p><i>SMSC: Social, Spiritual</i></p> | <p>Rules</p> <p>Persistence</p> <p>Challenge</p> <p>Team work</p> <p>Success</p> <p>Achievement</p> <p>Obstacles</p> <p>Motivation</p> <p>Perseverance</p> <p>Encouragement</p> <p>Positivity</p> <p>Attitude</p> <p>Confidence</p> <p>Problems</p> <p>Grounding</p> <p>Resilience</p> <p>Worried</p> <p>Emotions</p> <p>Feelings</p> |

| Self-regulation: Listening and following instructions. In this unit, the children will: <ul style="list-style-type: none"> Learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one. | | | | | | | |
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| EYFS links | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Key Vocabulary |
| <p>ELG: Listening, Attention and Understanding: Listen attentively and respond to what they hear with relevant questions, comments and actions when being read to and during whole class discussions and small group interactions. Make comments about what they have heard and ask questions to clarify their understanding.</p> <p>ELG: Self-Regulation: Give focused attention to what the teacher says, responding appropriately even when engaged in activity and show an ability to follow instructions involving several ideas or actions. Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>ELG: Managing Self: Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p> <p>Show sensitivity to their own and to others' needs.</p> | <p>Simon says</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand why it is important to listen carefully. <p><i>SMSC: Moral</i></p> <p><i>British Values: Rule of Law</i></p> | <p>Listening to a story</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I can listen attentively to a story. I can talk about and retell parts of a story. | <p>Pass the whisper</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand why it is important to listen carefully. I understand why it is important to tell the truth and think about the feelings of others. <p><i>SMSC: Social, Moral,</i></p> <p><i>British Values: Rule of Law, Democracy, Mutual Respect</i></p> | <p>Obstacle races</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand how to follow instructions involving several ideas or actions. I know how to persevere when things are difficult. <p><i>SMSC: Social, Spiritual</i></p> <p><i>British Values: Rule of Law</i></p> | <p>Blindfold walk</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand how to follow instructions involving several ideas or actions. I know how to give simple instructions. <p><i>SMSC: Social</i></p> <p><i>British Values: Rule of Law</i></p> | <p>Treasure hunt</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I know how to listen and respond to phrases and instructions that involve several ideas or actions. <p><i>SMSC: Social</i></p> <p><i>British Values: Rule of Law</i></p> | Listen Instructions Learn Safe Rules Attention Truth Honesty Feelings Persevere Difficult |

| Building relationships: My family and friends – In this unit, the children will: <ul style="list-style-type: none"> Learn how we all have different beliefs and celebrations Learn what characteristics make a good friend Understand how we need to listen to one another. | | | | | | | |
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| EYFS links | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Key Vocabulary |
| <p> PSED: - See themselves as a valuable individual. - Think about the perspectives of others. - Build constructive and respectful relationships. - Identify and moderate their own feelings socially and emotionally. - Think about the perspectives of others. </p> <p> Understand the World: -Recognise that people have different beliefs and celebrate special times in different ways. </p> <p> ELG: Building Relationships: Show sensitivity to their own and to others' needs. Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. </p> <p> ELG: Managing Self: Explain the reasons for rules, know right from wrong and try to behave accordingly. </p> | <p>Festivals</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand that we all have different beliefs and celebrate special times in different ways. I understand that children have different perspectives in my class. <p><i>SMSC: Social, Moral, Spiritual, Cultural</i></p> <p><i>British Values: Democracy, Individual Liberty, Mutual Respect, Tolerance</i></p> | <p>Sharing</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand why sharing is important. I understand that children have different perspectives in my class. <p><i>SMSC: Social, Moral, Spiritual, Cultural</i></p> <p><i>British Values: Democracy, Individual Liberty, Mutual Respect, Tolerance</i></p> | <p>What makes a good friend?</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand the characteristics that make a good friend. I understand why it might be difficult for others to be a good friend all of the time. <p><i>SMSC: Social, Moral, Spiritual, Cultural</i></p> <p><i>British Values: Democracy, Mutual Respect, Tolerance</i></p> | <p>Being a good friend</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand why it is important to support each other by being kind. <p><i>SMSC: Social, Moral, Spiritual</i></p> <p><i>British Values: Democracy, Mutual Respect, Tolerance</i></p> | <p>Teamwork</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand how to help, listen to and support others when working in a team. <p><i>SMSC: Social, Moral</i></p> <p><i>British Values: Democracy, Mutual Respect, Tolerance</i></p> | <p>Celebrating Friendship</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand how to recognise and celebrate a good friendship <p><i>SMSC: Social, Moral, Spiritual</i></p> <p><i>British Values: Democracy, Mutual Respect, Tolerance</i></p> | Beliefs Celebrations Sharing Friend Good friend Supporting others Kind Teamwork Perseverance Challenge Friendship Religion Culture Special event Festival Emotions Feelings Compliment Help Listen Support Respect |

| Managing self: My wellbeing – In this unit, the children will: <ul style="list-style-type: none"> Learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves. | | | | | | | |
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| EYFS links | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Key Vocabulary |
| <p>PSED:</p> <ul style="list-style-type: none"> Know and talk about the different factors that support their overall health and wellbeing. <p>PD:</p> <ul style="list-style-type: none"> Progress towards a more fluent style of moving, with developing control and grace. <p>ELG: Managing Self: Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Be confident to try new activities and show independence, resilience and perseverance in the face of challenges. Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>ELG: Gross Motor Skills: Demonstrate strength, balance and coordination when playing.</p> <p>ELG: Self-Regulation: Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> | <p>What is exercise?</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand the importance of exercise. I know how exercise affects different parts of the body. <p><i>SMSC: Social</i></p> | <p>Yoga and meditation</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand how yoga can help our bodies to stretch, relax and stay healthy. <p><i>SMSC: Social, Spiritual</i></p> | <p>Looking after ourselves</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand why it is important to be able to take care of myself I know factors that support my overall health and well-being. <p><i>SMSC: Social</i></p> | <p>Being a safe pedestrian</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand what it means to be a safe pedestrian. <p><i>SMSC: Social, Moral</i></p> <p><i>British Values: Rule of Law</i></p> | <p>Eating healthily</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand what it means to eat healthily. | <p>A rainbow of food</p> <p>Knowledge:</p> <ul style="list-style-type: none"> I understand the importance of healthy food choices. I understand what it means to have a balanced diet | Wellbeing Exercise Meditation Safe Pedestrian Balanced diet Eating Healthy Care Body Breathing Stretching Heart rate Relax Yoga Physical strength Concentration Health Behave Right Wrong Hazard |