

Core PSHE Lessons

	Autumn			Spring			Summer		
	My Mind			My Health			My Life		
<b>EYFS</b>	Expressing and understanding different feelings Learning to be calm	What is difficult? What is easier? The importance of trying	Exploring likes, achievements and family and friendship connections	What does being healthy mean? The importance of fruit and vegetables	Being active and sleeping well	Keeping clean, brushing teeth and wearing suitable clothes	Interactions and support	Caring for our surroundings and how our actions affect others	Balance and taking opportunities
<b>Year 1</b>	What activities make me happy? How can I express my feelings?	Who can support me? How can I get help?	Managing and understanding challenge	What we need to be healthy	Benefits of exercise and good sleep habits	Links between healthy body and a healthy body	Friends and family – building connections	Personal Safety – understanding hazards and the importance of keeping safe	Making a good impression and feeling pride
<b>Year 2</b>	Building resilience identifying and overcoming difficulties	What and I good at? What makes me happy or worried?	Controlling anger and being positive	Food groups and the importance of a balanced diet	Personal hygiene and reducing germs	Healthy behaviours and reducing risk e.g. screen time, sun cream	Responsibility, accountability for our choices and recognising consequences	Understanding and recognising different character traits	Likes and dislikes, hobbies and clubs
<b>Year 3</b>	Building and maintaining a healthy mind	How a healthy body contributes to a healthy mind	Managing challenge and perseverance	Different body parts and how to keep them healthy	How being active affects our bodies, hearts and muscles	Developing a healthy routine including time to recharge	Lifestyle, habits and routines, making healthy choices	Building confidence and self esteem	Impressions and assumptions, personal appearance

Long Term Curriculum Theme Map

<b>Year 4</b>	How to build determination	Managing emotions and feelings	The importance of positivity	Nutrients and food groups -planning healthy meals	The importance of hydration and making healthy food choices	Reflecting on healthy behaviours and how to include them in our lives	Feeling proud of ourselves and the skills and attributes of others	Different character traits and building a positive character	Relationships and connections, good and bad friendship choices
<b>Year 5</b>	Self -management and self-control	Planning and coping strategies	Developing a support network	Body Health – making a plan to stay healthy	Fitness – building strength and flexibility, rest and recovery	Developing our mindfulness and it’s link to our health	Life connections, peer relationships and support networks	Personal Growth and vision for the future Overcoming challenge	How to take part in and continue hobbies through life
<b>Year 6</b>	Focus and concentration	Aspirations, future goals and life journey	Belief, self- confidence and motivation	Nutritional fundamentals – carbohydrates, proteins and fats – promoting healthy eating in school	Energy balance – how calories are burned, energy levels throughout the day	Health risks and attitudes; smoking, blood pressure, damage and stress	Achieving a balance in life and developing successful habits	Setting goals that make us proud	Personable responsibility and accountability throughout life