



Year B Medium Term – RHE/PHSE

Year B Spring 1

EYFS-

Nursery - N1 / N2

Personal, Social Emotional Development 3/4 Year Olds

Self-Regulation –

Talk about their feelings using words like happy, sad, angry, worried

Managing Self -

Increasingly follow the rules understanding why they are important

Building Relationships –

Increasingly show more confidence in new social situations

Reception

MANAGING SELF -TAKING ON CHALLENGES

- To understand why we have rules
- To understand the importance of persistence in the face of challenge and developing confidence in their own ability to solve problems
- To work together as a group to overcome challenges and communicate effectively with others
- To learn and practise 'grounding' coping strategies
- To understand the importance of perseverance in the face of challenge
- To learn new skills, show resilience and perseverance in the face of challenge

Year 1 / 2

Safety and the Changing Body

To make suggestions for rules for PSHE (Y1)
 To explain to others and evaluate some rules to help everyone learn based on what

Families and Relationship
 To know that families can include different people (Y1)
 To know the correct names for different relations (Y1)
 To know how families care for children (Y2)

Friendships
 To know what I like about my friends and what makes a good friend (Y1)
 To know that friendships are not always positive (Y2)
 To know what I can do if a friendship is making me feel unhappy and who in school can help with friendship problems (Y2)

Other People's Feelings
 To know when other people might feel sad, worried or angry (Y1)
 To know that I care by listening and thinking about what they say
 To offer advice (Y1)
 To know that not everyone feels the same (Y2)
 To know what someone else might be feeling and thinking (Y2)
 To know that friends can sometimes fall out (Y1)
 To know ways I can overcome problems with my friends (Y1)

Year 3 / 4

Safety and the Changing Body

Mindmap

Fake Emails
 To know that not all emails are genuine.
 To know that I can recognise when an email might be fake.
 To know that I shouldn't click on links in an email unless I know what it is.
 To know what to do if I suspect an email is fake. Internet Safety – Age Restrictions
 To know that age restrictions are designed to protect us.
 To know some legal age restrictions.
 To know how to explain why age restrictions are put in place.
 To know reasons to support a point of view.
 Consuming Information online
 To know how a search engine works.
 To know whether information will be useful or not.
 To know why some information might come up in my search that isn't relevant to me.

Tobacco
 To know the risks of smoking and the benefits of being a non-smoker.
 To know the possible risks of smoking tobacco.
 To know the benefits of being a non-smoker.
 To know what the law states about buying tobacco.

To know how being friendly can make others feel welcome and included (Y2)

Getting along with others

To know the feelings we may have about working with different people (Y1)

To know how to work with people I don't know very well (Y1)

To know that manners are important wherever I am (Y2)

Friendship Problems

To know that friends can sometimes fall out (Y1)

To know ways I can overcome problems with my friends (Y1)

To know how being friendly can make others feel welcome and included (Y2)

Gender Stereotypes

To know that stereotypes about boys and girls exist (Y1)

To know why these often incorrect and challenge them (Y1)

To know that assumptions are sometimes made about whether a job is more suited to a male or female (Y2)

Change and Loss

To know how memories can make us feel

To know how objects can help us to remember people or events

To know that remembering people or pets who have died or no longer live with us can be helpful

Mindmap

What are fake emails?

What is a age restriction?

What is a search engine?

First Aid, asthma

To know how to help someone with asthma.

To know and manage a casualty who is having difficulty breathing due to asthma.

To know how to ensure the safety of myself and others.

To know how to assess a casualty's condition calmly.

To know how to comfort and reassure a casualty who is having an asthma attack.

Alcohol and tobacco

To know and understand the choices people can make and those which are made or influenced by others. Year 3

To know some choices I can make.

To know why some decisions are made for me.

To know who might make choices for me.

Year 4

To know that there are people who will influence what I choose.

To know how someone's influence might not be good for me.

First Aid – Emergencies and Calling for help

To know the role they can take in an emergency situation.

To know it is most important to ensure the safety of myself and others in the event of an emergency.

To know how to assist in an emergency by correctly calling for help.

To know the information I need to give to emergency services if they are called to an incident.

Mindmap

What is asthma?

How could you help someone with asthma?

What is first aid?

Key Vocabulary

PSHE, Safe, Learn, Rule, Unsafe (Y2), Unhappy (Y2) Family, Relation, Mum, Dad, Parent, Brother, Sister, Grandad, Grandma, Grandparent, Uncle, Aunty, Cousin, Love, Care, Support, friend, kind, trust, generous, share, listen, fun, helpful, truth, good friendships, Feeling, sad, worried, help, care, listen, emotion, Challenge, Cooperate, Work together, manners, please, thank you, taking turns, table manners, quiet, respect, , care, listen, emotion, team, members, Change, remember, happy, death

Key Vocabulary

Age restriction, Allergic, Bullying, Choice, Cyberbullying, Decision, Distraction, Fake, Influence, Injuries, Law, Protect

SPRING 2

EYFS

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Talk about their feelings using words like happy, sad, angry, worried

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Reception

SELF REGULATION - LISTENING AND FOLLOWING INSTRUCTIONS

- To learn the importance of listening carefully when playing recall games
- To learn the importance of listening carefully, telling the truth and thinking of others' feelings
- To follow instructions or actions and persevere when things get difficult
- To follow instructions involving several ideas or actions and giving simple instructions
- To learn to listen and respond to phases and instructions

YEAR 1 / 2
Health and Wellbeing

Year 3 / 4

Understanding my feelings

- To describe how I feel(Yr1)
- To recognise what might cause these feelings(Yr1)
- To identify different ways of responding to emotions(Yr1)
- To plan appropriate actions to manage my feelings(Yr1)
- To describe my body's response to feelings (Yr2)
- To know that we often feel more than one emotion at a time(Yr2)
- To imagine how I would feel in a particular situation(Yr2)
- To know that not everyone feels the same(Yr2)

Steps to Success

- To say what I am good at
- To say what I want to get better at
- To break down goals into small, achievable steps
- To know how to ask for help

Developing a growth mindset

- To describe how I feel when I find something difficult
- To understand that everybody fails
- To know that failing is not the end of a process
- To understand what a growth mindset is

Being Active

- To understand how exercise affects the body
- To describe how my body feels during/after exercise
- To understand how exercise keeps me healthy
- To know what energetic activities I find fun

Relaxation and breathing technique

- To understand how relaxation affects the body
- To know that it is important to have relaxation strategies
- To know how to use breathing to help myself relax
- To describe suitable times and places for using breathing techniques to relax

Healthy diet

- To identify the benefits of a balanced, healthy diet
- To describe the consequences of a poor diet
- To recognise where improvements can be made to an unbalanced dish

Looking after my teeth

- To understand how food and drink can affect my teeth To
- explain what I can do to keep my teeth healthy

Key Vocabulary

Action, Emotions, Feelings, Strategy, Goal, Skill, Achieve, Steps, Try
Fail, Frustrating, Challenge, Growth mindset, Sport, Activity, Physical, Exercise,
Health, Feeling, Exercise, Relax, Relaxation, Breath, Immune system, Healthy diet,
Balanced meal, Portion, Nutrients, Weight, Tooth decay, Tooth Teeth, Sugary drink,
Healthy, Brush.

Key Vocabulary

