

# Cupernham Infant School - PSHE Overview 2023-2024



Targets	Year R Content	Year 1 Content	Year 2 Content
<b>Autumn 1</b>  <i>Being Me in My World</i>	<ul style="list-style-type: none"> <li>- Self-identity</li> <li>- Understanding feelings</li> <li>- Being in a classroom</li> <li>- Being gentle</li> <li>- Rights and responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>- Feeling special and safe</li> <li>- Being part of a class</li> <li>- Rights and responsibilities</li> <li>- Rewards and feeling proud</li> <li>- Consequences</li> <li>- Owning the Learning Charter</li> </ul>	<ul style="list-style-type: none"> <li>- Hopes and fears for the year</li> <li>- Rights and responsibilities</li> <li>- Rewards and consequences</li> <li>- Safe and fair learning environment</li> <li>- Valuing contributions</li> <li>- Choices</li> <li>- Recognising feelings</li> </ul>
<b>Autumn 2</b>  <i>Celebrating Difference</i>	<ul style="list-style-type: none"> <li>- Identifying talents</li> <li>- Being special</li> <li>- Families</li> <li>- Where we live</li> <li>- Making friends</li> <li>- Standing up for yourself</li> </ul>	<ul style="list-style-type: none"> <li>- Similarities and differences</li> <li>- Understanding bullying and knowing how to deal with it</li> <li>- Making new friends</li> <li>- Celebrating the differences in everyone</li> </ul>	<ul style="list-style-type: none"> <li>- Assumptions and stereotypes about gender</li> <li>- Understanding bullying</li> <li>- Standing up for self and others</li> <li>- Making new friends</li> <li>- Gender diversity</li> <li>- Celebrating difference and remaining friends</li> </ul>
<b>Spring 1</b>  <i>Dreams and Goals</i>	<ul style="list-style-type: none"> <li>- Challenges</li> <li>- Perseverance</li> <li>- Goal-setting</li> <li>- Overcoming obstacles</li> <li>- Seeking help</li> <li>- Jobs</li> <li>- Achieving goals</li> </ul>	<ul style="list-style-type: none"> <li>- Setting goals</li> <li>- Identifying successes and achievements</li> <li>- Learning styles</li> <li>- Working well and celebrating achievement with a partner</li> <li>- Tackling new challenges</li> <li>- Identifying and overcoming obstacles</li> <li>- Feelings of success</li> </ul>	<ul style="list-style-type: none"> <li>- Achieving realistic goals</li> <li>- Perseverance</li> <li>- Learning strengths</li> <li>- Learning with others</li> <li>- Group co-operation</li> <li>- Contributing to and sharing success</li> </ul>
<b>Spring 2</b>  <i>Healthy Me</i>	<ul style="list-style-type: none"> <li>- Exercising bodies</li> <li>- Physical activity</li> <li>- Healthy food</li> <li>- Sleep</li> <li>- Keeping clean</li> <li>- Safety</li> </ul>	<ul style="list-style-type: none"> <li>- Keeping myself healthy</li> <li>- Healthier lifestyle choices</li> <li>- Keeping clean</li> <li>- Being safe</li> <li>- Medicine safety/safety with household items</li> </ul>	<ul style="list-style-type: none"> <li>- Motivation</li> <li>- Healthier choices</li> <li>- Relaxation</li> <li>- Healthy eating and nutrition</li> <li>- Healthier snacks and sharing food</li> </ul>

# Cupernham Infant School - PSHE Overview 2023-2024



		<ul style="list-style-type: none"> <li>- Road safety</li> <li>- Linking health and happiness</li> </ul>	
<p><b>Summer 1</b></p> <p><i>Relationships</i></p>	<ul style="list-style-type: none"> <li>- Family life</li> <li>- Friendships</li> <li>- Breaking friendships</li> <li>- Falling out</li> <li>- Dealing with bullying</li> <li>- Being a good friend</li> </ul>	<ul style="list-style-type: none"> <li>- Belonging to a family</li> <li>- Making friends/being a good friend</li> <li>- Physical contact preferences</li> <li>- People who help us</li> <li>- Qualities as a friend and person</li> <li>- Self-acknowledgement</li> <li>- Being a good friend to myself</li> <li>- Celebrating special relationships</li> </ul>	<ul style="list-style-type: none"> <li>- Different types of family</li> <li>- Physical contact boundaries</li> <li>- Friendship and conflict</li> <li>- Secrets</li> <li>- Trust and appreciation</li> <li>- Expressing appreciation for special relationships</li> </ul>
<p><b>Summer 2</b></p> <p><i>Changing Me</i></p>	<ul style="list-style-type: none"> <li>- Bodies</li> <li>- Respecting my body</li> <li>- Growing up</li> <li>- Growth and change</li> <li>- Fun and fears</li> <li>- Celebrations</li> </ul>	<ul style="list-style-type: none"> <li>- Life cycles – animal and human</li> <li>- Changes in me</li> <li>- Changes since being a baby</li> <li>- Differences between female and male bodies (correct terminology)</li> <li>- Linking growing and learning</li> <li>- Coping with change</li> <li>- Transition</li> </ul>	<ul style="list-style-type: none"> <li>- Life cycles in nature</li> <li>- Growing from young to old</li> <li>- Increasing independence</li> <li>- Differences in female and male bodies (correct terminology)</li> <li>- Assertiveness</li> <li>- Preparing for transition</li> </ul>