



Personal, Social, Health and Economic Education Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	<p>Being Me in My World Understanding that we are part of a class and that we have similarities and differences, starting to recognise our feelings, enjoying working with others and knowing why we should be kind and use gentle hands towards others</p>	<p>Celebrating Differences Knowing some things that we are good at, knowing that being different makes us special, knowing that we are similar in some ways, beginning to talk about how to be a good friend and knowing which words to use if someone is being unkind to us</p>	<p>Dreams and Goals Thinking about times when we haven't given up, setting goals and working towards them, practising using kind words to help others and talking about how we feel when we have achieved a goal</p>	<p>Healthy Me Understanding that exercise keeps bodies healthy, identifying healthy and not so healthy foods, knowing how to help go to sleep, understanding why sleep is good, washing hands thoroughly and understanding why this is important and knowing what a stranger is and how to stay safe if a stranger approaches</p>	<p>Relationships Knowing how to make friends to stop ourselves from feeling lonely, thinking of ways to solve problems and stay friends, starting to understand the impact of unkind words and knowing how to be a good friend</p>	<p>Changing Me Naming parts of the body, explaining some things we can do and foods we can eat to be healthy, understanding that we all grow from babies to adults, expressing how we feel about moving to Year 1, talking about worries and/or the things we are looking forward to about being in Year 1 and sharing memories of this year in Reception</p>
Year 1	<p>Being Me in My World Discussing how we are a valuable member of the class, thinking about how we can make those around us happy and recognising that adults in school work hard to keep us safe</p>	<p>Celebrating Differences Recognising how we are similar and different to our friends, beginning to understand how it might feel to be bullied, knowing how it feels to make a new friend and knowing that we are all different and begin to understand this makes us all special</p>	<p>Dreams and Goals Setting a goal and beginning to work out how to achieve it, beginning to understand how we can work well with a partner, understanding how our learning can be stretched by trying new things and telling people about obstacles we may have when trying a challenge</p>	<p>Healthy Me Understanding the difference between healthy and unhealthy, knowing how to keep ourselves clean and healthy, knowing that household products, including medicines can be harmful, recognising how to keep safe when crossing roads, identifying some ways to keep ourselves safe and healthy</p>	<p>Relationships Identifying members of our families, understanding that there are many different types of families, identifying what being a good friend means, knowing appropriate ways of physical contact to greet friends and knowing which ways we prefer, knowing who can help us in the school community and recognising our qualities as a person and a friend</p>	<p>Changing Me Understanding that changes happen as we grow, knowing that changes are normal and that sometimes they will happen whether we want them to or not, understanding that growing up is natural and that everybody grows at different rates, respecting our body, understanding which parts are private and knowing some ways to cope with changes</p>

<p>Year 2</p>	<p>Being Me in My World Recognising when we feel worried and identify who we can ask to help them, identifying how to help make the class a safe and fair place to learn and learn to work cooperatively</p>	<p>Celebrating Differences Beginning to understand that people can make stereotypes about boys and girls, understanding that we share similarities and differences with others, beginning to explain how somebody who is being bullied might feel, identifying how to get help if we are being bullied and understanding that people are unique and are all special</p>	<p>Dreams and Goals Choosing a realistic goal and persevering to achieve it even though it might be tricky, recognising who we work well with and who it is more difficult to work with, working well in a group and explaining how we achieved this and knowing how to share success with other people</p>	<p>Healthy Me Knowing what we need to keep our body healthy, explaining when we might feel relaxed or stressed, understanding how medicines work and how important it is to use them safely, sorting foods into the correct food groups, identifying which foods bodies need to stay healthy and deciding which food bodies needs for energy</p>	<p>Relationships Identifying the different members of our families, understanding our relationships with each of them, knowing why it is important to share and cooperate, understanding that there are many forms of physical contact within a family and that some of this is acceptable and some is not, understanding that sometimes it is good to keep a secret and sometimes it is not good to keep a secret and recognising and appreciating people who can help us in our family, our school and our community</p>	<p>Changing Me Identifying people we respect who are older than us, recognising how our body has changed since being a baby and where we are on the continuum from young to old, recognising the physical differences between boys and girls and using the correct names for parts of the body, understanding there are different types of touch and tell which ones we like and don't like, starting to think about changes we will make when we are in Year 3 and knowing how to go about this</p>
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