



## EYFS PSHE/RSE Overview for the Year

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Term 1</b>	<p>Being Me in My World</p> <p><b>Lesson 1: Who... Me?</b> <b>LO:</b> To Understand how it feels to belong and that we are similar and different.</p> <p><b>Big Ideas (Aspect)</b> <b>Humankind (Unacceptable behaviour)</b></p> <p><b>Place (Place in the world)</b></p> <p><b>Place (Diversity)</b></p>	<p>Being Me in My World</p> <p><b>Lesson 2: How am I feeling today?</b> <b>LO:</b> To start to recognise and manage my feelings.</p> <p><b>Big Ideas (Aspect)</b> <b>Creativity (vocabulary)</b> <b>Investigation (Issues, Evidence, Ideas)</b></p>	<p>Being Me in My World</p> <p><b>Lesson 3: Being at School</b> <b>LO:</b> To enjoy working with others to make school a good place to be.</p> <p><b>Big Ideas (Aspect)</b> <b>Materials (Consumers)</b> <b>Creativity (vocabulary)</b></p>	<p>Being Me in My World</p> <p><b>Lesson 4: Gentle Hands</b> <b>LO:</b> To Understand why it is good to be kind and use gentle hands.</p> <p><b>Big Ideas (Aspect)</b> <b>Creativity (vocabulary)</b></p>	<p>Being Me in My World</p> <p><b>Lesson 5: Our Rights</b> <b>LO:</b> To understand children's rights and this means we should all be allowed to learn and play.</p> <p><b>Big Ideas (Aspect)</b> <b>Creativity (vocabulary)</b> <b>Nature (Rights of others)</b></p> <p><b>Humankind (Wellbeing)</b></p>	<p>Being Me in My World</p> <p><b>Lesson 6: Our Responsibilities</b> <b>LO:</b> To learn what being responsible means.</p> <p><b>Big Ideas (Aspect)</b> <b>Creativity (vocabulary)</b></p> <p><b>Humankind (Wellbeing)</b></p>
<b>Term 2</b>	<p>Celebrating Differences</p> <p><b>What am I good at?</b> <b>LO:</b> To identify something I am good at and understand everyone is good at different things.</p>	<p>Celebrating Differences</p> <p><b>I'm Special, I'm Me!</b> <b>LO:</b> To understand that being different makes us all special.</p>	<p>Celebrating Differences</p> <p><b>Families.</b> <b>LO: To</b> know we are all different but the same in some ways.</p>	<p>Celebrating Differences</p> <p><b>Homes</b> <b>LO: To say</b> why I think my home is special to me.</p> <p><b>Big Ideas (Aspect)</b></p>	<p>Celebrating Differences</p> <p><b>Making Friends</b> <b>LO:</b> To say how to be a kind friend.</p> <p><b>Big Ideas (Aspect)</b></p>	<p>Celebrating Differences</p> <p><b>Standing up for yourself.</b> <b>LO:</b> To know which words to use to stand up for myself when someone</p>



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	<b>Big Ideas (Aspect)</b> <b>Humankind (Setting goals)</b> <b>Place (Diversity)</b>	<b>Big Ideas (Aspect)</b> <b>Place (Place in the world)</b>	<b>Big Ideas (Aspect)</b> <b>Place (Place in the world)</b>	<b>Significance (Significant People)</b>	<b>Humankind (Unacceptable behaviour)</b>  <b>Significance (Significant People)</b>  <b>Creativity (Speaking, Listening, Sharing)</b>	says or does something unkind.  <b>Big Ideas (Aspect)</b>  <b>Humankind (Unacceptable behaviour)</b>  <b>Creativity (Speaking, Listening, Sharing)</b> <b>Investigation (Issues, Evidence and Ideas)</b>
<b>Term 3</b>	Dreams and Goals  <b>Lesson 1: Challenges.</b> <b>LO:</b> To understand that if I persevere I can tackle challenges.  <b>Big Ideas (Aspects).</b> <b>Humankind (Setting Goals)</b>	Dreams and Goals  <b>Lesson 2: Never Giving Up.</b> <b>LO:</b> To talk about a time I didn't give up until I achieved my goal.  <b>Big Ideas (Aspects).</b> <b>Humankind (Setting Goals)</b>	Dreams and Goals  <b>Lesson 3: Setting a Goal.</b> <b>LO:</b> To set a goal and work towards it.  <b>Big Ideas (Aspects).</b> <b>Humankind (Setting Goals)</b>	Dreams and Goals  <b>Lesson 4: Obstacles and support.</b> <b>LO:</b> To use kind words to encourage people.  <b>Big Ideas (Aspects).</b> <b>Humankind (Setting Goals)</b>	Dreams and Goals  <b>Lesson 5: Flight or Fight.</b> <b>LO:</b> To understand the link between what I learn now and the job I might like to do when I'm older.  <b>Big Ideas (Aspects).</b> <b>Humankind (Setting Goals)</b> <b>Place (Diversity)</b>	Dreams and Goals  <b>Lesson 6: Footprint awards.</b> <b>LO:</b> To say how I feel when I achieve a goal and know what it means to feel proud.  <b>Big Ideas (Aspects).</b> <b>Humankind (Setting Goals)</b>



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<b>Term 4</b>	<p>Healthy Me</p> <p><b>Lesson 1: Everybody's body.</b> <b>LO:</b> To understand that I need to exercise to keep my body healthy.</p> <p><b>Big Ideas (Aspects)</b> <b>Humankind (Healthy Lifestyle)</b></p>	<p>Healthy Me</p> <p><b>Lesson 2: We like to move it, move it!</b> <b>LO:</b> To understand how moving and resting are good for my body.</p> <p><b>Big Ideas (Aspects)</b> <b>Humankind (Healthy Lifestyle)</b></p>	<p>Healthy Me</p> <p><b>Lesson 3: Food, Glorious food!</b> <b>LO:</b> To know which foods are healthy and not so healthy and can make healthy eating choices,</p> <p><b>Big Ideas (Aspects)</b> <b>Humankind (Healthy Lifestyle)</b></p>	<p>Healthy Me</p> <p><b>Lesson 4: Sweet dreams.</b> <b>LO:</b> To know how to help myself go to sleep and understand why sleep is good for me.</p> <p><b>Big Ideas (Aspects)</b> <b>Humankind (Healthy Lifestyle)</b></p>	<p>Healthy Me</p> <p><b>Lesson 5: Keeping Clean.</b> <b>LO:</b> To know to wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.</p> <p><b>Big Ideas (Aspects)</b> <b>Humankind (Healthy Lifestyle)</b> <b>Humankind (Personal Hygiene)</b></p>	<p>Healthy Me</p> <p><b>Lesson 6: Safe adults.</b> <b>LO:</b> To know who my safe adults are and how to stay safe if they are not close by me.</p> <p><b>Big Ideas (Aspects)</b> <b>Significance (Relationships)</b></p>
<b>Term 5</b>	<p>Relationships</p> <p><b>Lesson 1: My family and me!</b> <b>LO:</b> To identify some of the jobs I do in my family and how I feel like I belong.</p> <p><b>Big Ideas (Aspects)</b> <b>Significance (Significant People)</b></p>	<p>Relationships</p> <p><b>Lesson 2: Make friends, make friends, never ever break friends – Part 1</b> <b>LO:</b> To know how to make friends to stop myself from feeling lonely.</p> <p><b>Big Ideas (Aspects)</b> <b>Significance (Significant People)</b></p>	<p>Relationships</p> <p><b>Lesson 3: Make friends, make friends, never ever break friends – Part 2</b> <b>LO:</b> To think of ways to solve problems and stay friends.</p> <p><b>Big Ideas (Aspects)</b></p>	<p>Relationships</p> <p><b>Lesson 4: Falling out and bullying – Part 1.</b> <b>LO:</b> to understand the impact of unkind words.</p> <p><b>Big Ideas (Aspects)</b> <b>Creativity (Vocabulary)</b></p>	<p>Relationships</p> <p><b>Lesson 5: Falling out and bullying – Part 2.</b> <b>LO:</b> To use Calm Me time to manage my feelings.</p> <p><b>Big Ideas (Aspects)</b> <b>Creativity (Vocabulary)</b></p>	<p>Relationships</p> <p><b>Lesson 6: Being the best friends we can be.</b> <b>LO:</b> To know how to be a good friend.</p> <p><b>Big Ideas (Aspects)</b> <b>Creativity (Vocabulary)</b> <b>Creativity (Speaking, Listening, Sharing)</b></p>



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			Significance (Significant People) Creativity (Vocabulary)			
<b>Term 6</b>	<p>Changing Me</p> <p><b>Lesson 1: My body.</b> <b>LO:</b> To name parts of the body.</p> <p><b>Big Ideas (Aspects)</b></p>	<p>Changing Me</p> <p><b>Lesson 2: Respecting my body.</b> <b>LO:</b> To tell you some things I can do and foods I can eat to be healthy.</p> <p><b>Big Ideas (Aspects)</b> <b>Humankind (Healthy Lifestyles)</b></p>	<p>Changing Me</p> <p><b>Lesson 3: Growing up.</b> <b>LO:</b> To understand that we all grow from babies to adults.</p> <p><b>Big Ideas (Aspects)</b> <b>Change (Physical Development)</b></p> <p><b>Change (Life changes)</b></p>	<p>Changing Me</p> <p><b>Lesson 4: Fun and Fears – Part 1.</b> <b>LO:</b> To express how I feel about moving to Year 1.</p> <p><b>Big Ideas (Aspects)</b> <b>Change (Life changes)</b></p> <p><b>Humankind (Setting goals)</b></p> <p><b>Creativity (Vocabulary)</b></p>	<p>Changing Me</p> <p><b>Lesson 5: Fun and Fears – Part 2.</b> <b>LO:</b> To talk about my worries and/or the things I am looking forward to about being in Year 1.</p> <p><b>Big Ideas (Aspects)</b> <b>Change (Life changes)</b> <b>Humankind (Setting goals)</b> <b>Creativity (Vocabulary)</b></p>	<p>Changing Me</p> <p><b>Lesson 6: Celebration.</b> <b>LO:</b> To share my memories of the best bits of this year in Reception.</p> <p><b>Big Ideas (Aspects)</b> <b>Change (Life changes)</b> <b>Creativity (Vocabulary)</b></p>