

## Aycliffe Drive PSHE Planning by Year Group

<p><b>Nursery</b></p> <p><b>Weekly lessons using Jigsaw Scheme of work as starting point</b></p>	<p>Children will show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. Be confident to try new activities and show independence, resilience, and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices. Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs. In addition, FS take part in whole school Mental Health Weeks and activities organised by our ELSA in training. Across the school we have cross age group Buddy Groups which all Nursery children join on entry. See Forest School planning for additional provision in this area.</p>					
	<p>Circle time</p> <p>Mood Monsters</p> <p>Jigsaw – Puzzle piece 1 – Being me in my world</p>	<p>Circle time</p> <p>Mood Monsters</p> <p>Jigsaw – Puzzle piece 2 – Celebrating Differences</p>	<p>Circle time</p> <p>Mood Monsters</p> <p>Jigsaw - Puzzle Piece 3 - Dreams and Goals</p>	<p>Circle time</p> <p>Mood Monsters</p> <p>Jigsaw - Puzzle Piece 4 - Healthy Me</p>	<p>Circle time</p> <p>Mood Monsters</p> <p>Jigsaw - Puzzle Piece 5 - Relationships</p>	<p>Circle time</p> <p>Mood Monsters</p> <p>Jigsaw – Puzzle piece 6 – Changes</p>
<p><b>Reception</b></p> <p><b>Weekly lessons using Jigsaw Scheme of work as starting point</b></p>	<p>Children will show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. Be confident to try new activities and show independence, resilience, and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices. Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs. In addition, FS take part in whole school Mental Health Weeks and activities organised by our ELSA. Across the school we have cross age group Buddy Groups which all Reception children join on entry.</p>					
	<p>Being me in my world:</p>	<p>Celebrating Differences:</p>	<p>Dreams and Goals:</p>	<p>Healthy Me:</p>	<p>Relationships:</p>	<p>Changing Me:</p>

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	Self-identity, feelings, rights, and responsibilities, being kind and working together.	Identifying talents, families, being special, making friends, standing up for yourself.	Goals, challenges, perseverance, resilience.	Exercising bodies, physical activity, personal hygiene, Healthy eating, staying safe.	Family life, Friendships, Falling out, Anti-bullying, Respect for self.	Respecting my body, Growing Up, Growth and change, Fun and Fears.
<b>Year 1</b>	<b>Being me in my world</b> If you were a superhero what super power would you have? Is it important to follow the rules and why? Why is it important to spend time with your family? Is it good to have a special toy? What is your stick? Which of our senses are more important?	<b>Celebrating differences</b> The same as/ Different from/ What is bullying/ What do I do about bullying/ Make new friends/ Celebrating differences, celebrating me	<b>Dreams and goals</b> My treasure chest of success/ Step to goals/ Achieving together/ Stretchy learning/ Overcoming obstacles.	<b>Healthy Me</b> Being Healthy/ Healthy Choices/ Clean and Healthy/ Medicine Safety/ Road Safety/ Happy, Healthy Me	<b>Relationships</b> Families/ Making Friends/ Greetings/ People Who Help Us/ Being My Own Best Friend/ Celebrating My Special Relationships	<b>Changing me</b> Life cycles/ Changing Me/ My Changing Body/ Boys' and Girls' Bodies/ Learning and Growing/ Coping with Changes
<b>Year 2</b>	<b>Being me in my world</b> If you were a superhero what super power would you have? Is it important to follow the rules and why? Why is it important to spend time with your family? Is it good to have a special toy? What is your stick? Which of our senses are more important?	<b>Celebrating differences</b> The same as/ Different from/ What is bullying/ What do I do about bullying/ Make new friends/ Celebrating differences, celebrating me	<b>Dreams and goals</b> My treasure chest of success/ Step to goals/ Achieving together/ Stretchy learning/ Overcoming obstacles.	<b>Healthy Me</b> Being Healthy/ Healthy Choices/ Clean and Healthy/ Medicine Safety/ Road Safety/ Happy, Healthy Me	<b>Relationships</b> Families/ Making Friends/ Greetings/ People Who Help Us/ Being My Own Best Friend/ Celebrating My Special Relationships	<b>Changing me</b> Life cycles/ Changing Me/ My Changing Body/ Boys' and Girls' Bodies/ Learning and Growing/ Coping with Changes
<b>Year 3</b>						

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Year 4						
Year 5						
Year 6						