



PSHE						
Development Matters: PSED in EYFS EYFS Statutory Framework in Reception PSHE Association from Year 1+ Statutory RSE Guidance (2021)						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Relationships		Living in the Wider World		Health and Wellbeing	
Nursery	Development Matters: PSED 3-4 years <ul style="list-style-type: none"> - Become more outgoing with unfamiliar people in a safe context of their setting - Show more confidence in new social situations - Play with one or more other children, extending and elaborating play ideas - Find solutions to conflict and rivalries, e.g., accepting that not everyone can be Spiderman in a game - Develop appropriate ways of being assertive - Talk with others to solve conflicts - Talk about their feelings using words like 'happy', 'sad', 'angry', 'worried'. 		Development Matters: PSED 3-4 years <ul style="list-style-type: none"> - Develop their sense of responsibility and membership of a community. - Increasingly follow rules, understanding why they are important - Remember rules without needing an adult to remind them 		Development Matters: PSED 3-4 years <ul style="list-style-type: none"> - Understand gradually how others might be feeling - Be increasingly independent in meeting their own care needs: brushing teeth, using the toilet, washing and drying hands thoroughly - Make healthy choices about food, drink, activity, and tooth brushing 	
Reception	Development Matters: PSED Reception <ul style="list-style-type: none"> - See themselves as a valuable individual - Build constructive and respectful relationships - Think about the perspective of others ELGs – Building Relationships <ul style="list-style-type: none"> - Work and play cooperatively and take turns with others - Form positive attachments to adults and friendships with peers - Show sensitivity to their own and others' needs 		ELGs – Self-Regulation <ul style="list-style-type: none"> - 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 		Development Matters: PSED Reception <ul style="list-style-type: none"> - Express their feelings and consider the feelings of others - Show resilience and perseverance in the face of challenge - Identify and moderate their own feelings socially and emotionally - Manage their own needs – personal hygiene - Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, tooth brushing, sensible amounts of screen time, having a good sleep routine 	



			<ul style="list-style-type: none"> - Being a safe pedestrian <p>ELGs – Managing Self</p> <ul style="list-style-type: none"> - 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
Year 1	<p>Families and Friendships</p> <ul style="list-style-type: none"> - Roles of different people - Families - Feeling cared for <p>Safe Relationships</p> <ul style="list-style-type: none"> - Recognising privacy - Staying safe - Seeking permission <p>Respecting Ourselves and Others</p> <ul style="list-style-type: none"> - How behaviour affects others - Being polite and respectful 	<p>Belonging to a Community</p> <ul style="list-style-type: none"> - What rules are - Caring for others’ needs - Looking after the environment <p>Media Literacy and Digital Resilience</p> <ul style="list-style-type: none"> - Using the internet and digital devices - Communicating online <p>Money and Work</p> <ul style="list-style-type: none"> - Strengths and interests - Jobs in the community 	<p>Physical Health and Mental Wellbeing</p> <ul style="list-style-type: none"> - Keeping healthy - Food and exercise - Hygiene routines - Sun safety <p>Growing and Changing</p> <ul style="list-style-type: none"> - Recognise what makes them unique and special - Feelings - Managing when things go wrong <p>Keeping Safe</p> <ul style="list-style-type: none"> - How rules and age restrictions help us - Keeping safe online
Year 2	<p>Families and Friendships</p> <ul style="list-style-type: none"> - Making friends - Feeling lonely - Getting help <p>Safe Relationships</p> <ul style="list-style-type: none"> - Managing secrets - Resisting pressure and getting help - Recognising hurtful behaviour <p>Respecting Ourselves and Others</p>	<p>Belonging to a Community</p> <ul style="list-style-type: none"> - Belonging to a group - Roles and responsibilities - Being the same and different in the community <p>Media Literacy and Digital Resilience</p> <ul style="list-style-type: none"> - The internet in everyday life - Online content and information <p>Money and Work</p>	<p>Physical Health and Mental Wellbeing</p> <ul style="list-style-type: none"> - Why sleep is important - Medicines and keeping healthy - Keeping teeth healthy - Managing feelings and asking for help <p>Growing and Changing</p> <ul style="list-style-type: none"> - Growing older - Naming body parts - Moving class or year



	<ul style="list-style-type: none"> - Respecting ourselves and others - Recognising things in common and differences - Playing and working cooperatively - Sharing opinions 	<ul style="list-style-type: none"> - What money is - Needs and wants - Looking after money 	<p>Keeping Safe</p> <ul style="list-style-type: none"> - Safety in different environments - Risk and safety at home - Emergencies
Year 3	<p>Families and Friendships</p> <ul style="list-style-type: none"> - What makes a family - Features of family life <p>Safe Relationships</p> <ul style="list-style-type: none"> - Personal boundaries - Safely responding to others - The impact of hurtful behaviour <p>Respecting Ourselves and Others</p> <ul style="list-style-type: none"> - Recognising respectful behaviour - The importance of self-respect, courtesy and being polite 	<p>Belonging to a Community</p> <ul style="list-style-type: none"> - The value of rules and laws, rights, freedoms, and responsibilities <p>Media Literacy and Digital Resilience</p> <ul style="list-style-type: none"> - How the internet is used - Assessing information online <p>Money and Work</p> <ul style="list-style-type: none"> - Different jobs and skills - Job stereotypes - Setting personal goals 	<p>Physical Health and Mental Wellbeing</p> <ul style="list-style-type: none"> - Health choices and habits - What affects feelings - Expressing feelings <p>Growing and Changing</p> <ul style="list-style-type: none"> - Personal strengths and achievements - Managing and reframing setbacks <p>Keeping Safe</p> <ul style="list-style-type: none"> - Risks and hazards - Safety in the local environment and unfamiliar places
Year 4	<p>Families and Friendships</p> <ul style="list-style-type: none"> - Positive friendships including online <p>Safe Relationships</p> <ul style="list-style-type: none"> - Responding to hurtful behaviour - Managing confidentiality - Recognising risks online <p>Respecting Ourselves and Others</p> <ul style="list-style-type: none"> - Respecting differences and similarities - Discussing difference sensitively 	<p>Belonging to a Community</p> <ul style="list-style-type: none"> - What makes a community; shared responsibilities <p>Media Literacy and Digital Resilience</p> <ul style="list-style-type: none"> - How data is shared and used <p>Money and Work</p> <ul style="list-style-type: none"> - Making decisions about money - Using and keeping money safe 	<p>Physical Health and Mental Wellbeing</p> <ul style="list-style-type: none"> - Maintaining a balanced lifestyle, oral hygiene and dental care <p>Growing and Changing</p> <ul style="list-style-type: none"> - Physical and emotional changes in puberty - External genitalia - Personal hygiene routines - Support with puberty <p>Keeping Safe</p> <ul style="list-style-type: none"> - Medicines and household products - Drugs common to everyday life
Year 5	<p>Families and Friendships</p> <ul style="list-style-type: none"> - Managing friendships and peer influence <p>Safe Relationships</p> <ul style="list-style-type: none"> - Physical contact and feeling safe <p>Respecting Ourselves and Others</p>	<p>Belonging to a Community</p> <ul style="list-style-type: none"> - Protecting the environment - Compassion towards others <p>Media Literacy and Digital Resilience</p> <ul style="list-style-type: none"> - How information online is targeted - Different media types – their roles and impact 	<p>Physical Health and Mental Wellbeing</p> <ul style="list-style-type: none"> - Healthy sleep habits - Sun safety - Medicines, vaccinations, immunisations, and allergies <p>Growing and Changing</p> <ul style="list-style-type: none"> - personal identity



	<ul style="list-style-type: none"> - Responding respectfully to a wide range of people - Recognising prejudice and discrimination 	<p>Money and Work</p> <ul style="list-style-type: none"> - Identifying job interests and aspirations - What influences career choices - Workplace stereotypes 	<ul style="list-style-type: none"> - Recognising individuality and different qualities - Mental wellbeing <p>Keeping Safe</p> <ul style="list-style-type: none"> - Keeping safe in different situations including responding in emergencies, first aid and FGM
Year 6	<p>Families and Friendships</p> <ul style="list-style-type: none"> - Attraction to others - Romantic relationships - Civil partnership - Marriage <p>Safe Relationships</p> <ul style="list-style-type: none"> - Recognising and managing pressure - Consent in different situations <p>Respecting Ourselves and Others</p> <ul style="list-style-type: none"> - Expressing opinions and respecting other points of view, including discussing topical issues 	<p>Belonging to a Community</p> <ul style="list-style-type: none"> - Valuing diversity - Challenging discrimination and stereotypes <p>Media Literacy and Digital Resilience</p> <ul style="list-style-type: none"> - Evaluating media sources - Sharing things online <p>Money and Work</p> <ul style="list-style-type: none"> - Influences and attitudes to money - Money and financial risks 	<p>Physical Health and Mental Wellbeing</p> <ul style="list-style-type: none"> - What affects mental health and ways to take care of it - Managing change – loss and bereavement - Managing time online <p>Growing and Changing</p> <ul style="list-style-type: none"> - Human reproduction and birth - Increasing independence - Managing transitions <p>Keeping Safe</p> <ul style="list-style-type: none"> - Keeping personal information safe - Regulations and choices - Drug use and the law - Drug use and the media