



Pottery Primary School: Subject Long-Term Plan: PSHE

EYFS	Autumn 1 Building Relationships: Special Relationships	Autumn 2 Self Regulation-My Feelings	Spring 1 Managing Self- My Wellbeing	Spring 2 Self-Regulation: Following Instructions	Summer 1 Building Relationships: My family and friends	Summer 2 Managing Self: Taking on Challenge
	<ul style="list-style-type: none"> • See themselves as a valuable individual. • Think about the perspectives of others. • To talk about our families. • To understand that all families are valuable and special. • To talk about people that hold a special place in children's lives. • To think about what it means to be a valued person. • To understand why it is important to share and cooperate with others. • To develop strategies to help when 	<ul style="list-style-type: none"> • Colour Monster: Identify and modify their own feelings socially and emotionally. • Explore different coping strategies to help regulate our emotions. • To consider the reasons behind our emotions. • Express their feelings and consider the feelings of others. • Show an understating of their own feelings and those of others, and begin to regulate their behaviour accordingly. • To explore the different adjectives that can be used to describe feelings. • To explore different facial 	<ul style="list-style-type: none"> • To learn about the importance of exercise. • To explore how exercise affects different parts of the body. • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. • To learn how yoga can help our bodies to stretch, relax and stay healthy. • To explore guided meditation and relaxation. • Be confident to try new activities and show independence, resilience and 	<ul style="list-style-type: none"> • Listen attentively and respond to what they hear. • 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. • To understand why it is important to listen carefully. • To listen attentively to a story. 	<ul style="list-style-type: none"> • To understand that we all have different beliefs and celebrate special times in different ways. • Show sensitivity to their own and to others' needs. • See themselves as a valuable individual. • Think about the perspectives of others. • Recognise that people have different beliefs and celebrate special times in different ways. • To understand why sharing is important. • Work and play cooperatively 	<ul style="list-style-type: none"> • Identify and moderate their own feelings socially and emotionally. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • To understand why we have rules. • To develop resilience and perseverance in the face of challenges. • To develop confidence in their own ability to solve problems. • Be confident to try new activities. • To work together as a group to overcome challenges.

	<p>trying to share with others.</p> <ul style="list-style-type: none"> • To understand that it is ok to like different things. • To share their interests with the group. • To explore diversity through thinking about similarities and differences. 	<p>expressions and what they mean.</p> <ul style="list-style-type: none"> • To identify different feelings and how to moderate behaviour socially and emotionally. 	<p>perseverance in the face of challenges.</p> <ul style="list-style-type: none"> • To understand why it is important to be able to take care of ourselves by completing independent tasks related to health, well-being and hygiene. • Know and talk about the different factors that support their overall health and well-being: Regular physical activity, toothbrushing, having a good sleep routine. • To understand what it means to be a safe pedestrian. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • To understand what it means to eat healthily. 	<ul style="list-style-type: none"> • Make comments about what they have heard and ask questions to clarify their understanding. • To understand why it is important to tell the truth and think about the feelings of others. • Show sensitivity to their own and to others' needs. • To follow instructions involving several ideas or actions. • To persevere when things are difficult. • To give simple instructions. 	<p>and take turns with others.</p> <ul style="list-style-type: none"> • Build constructive and respectful relationships. • Form positive attachments to adults and friendships with peers. • Understand the characteristics that make a good friend. • To think about why it might be difficult for others to be a good friend all of the time. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • Identify and moderate their own feelings socially and emotionally. • To consider why it is important 	<ul style="list-style-type: none"> • To communicate effectively with others. • To learn and practise 'grounding' coping strategies.
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					<p>to support each other by being kind.</p> <ul style="list-style-type: none">• To learn how to help, listen to and support others when working in a team.	
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