



EYFS

Lakeside Curriculum Synopsis: PSHE



PSHE is a huge underpinning element of the EYFS. One of the prime areas of learning, Personal, social, and emotional development covers PSHE elements in great depth; recognising the importance of a child's wellbeing and emotional resilience before any other formal learning can take place. (ELG 3 – self regulation, ELG 4 – managing self, ELG 5 – building relationships). Children in the EYFS develop masses of confidence, independence and resilience; the way that the provision is planned and set up for children develops these skills intrinsically throughout every day whilst the children are playing and exploring through their chosen play. Collaboration is encouraged in small groups and children naturally follow their interests and play with similar peers who are doing the same. This helps friendships to develop naturally as like-minded children gravitate together through play.

In nursery, children's PSHE skills form the basis of all that happens. Children settle into nursery and new social situations, they learn and follow expectations and rules, they share and understand the needs of others and begin to express themselves and their emotions. Children develop independence in their own self-care and begin to make healthy, informed choices.

In reception, through provision and further developed through circle time activities, children develop more of a sense of self and are encouraged to articulate their preferences and give reasons for these. Children become more empathetic towards others and can share more naturally, also developing the skills to help others. Children in reception develop more of an all-round knowledge of health and wellbeing and begin to talk about their understanding of this, links are made to exercise through PE and through big talk and topic focuses, such as 'people who help us' and how doctors and dentists keep our bodies healthy. Children develop more independence and more of an ability to manage their own emotions and try to solve problems independently. Adults model positive responses to challenges and difficulties throughout play to enable children to see positive reactions to challenge.

PSHE skills also develop in other areas of the EYFS framework: Communication and language (ELG 1 – listening, attention and understanding and ELG 2 – speaking) through which children discuss and express their emotions using words and actions and develop conversational skills which help to promote friendships and a sense of belonging. Children develop negotiating skills and express opinions and their differences and react positively to the differences of others.

Children also develop further PSHE skills in the understanding the world part of the EYFS framework (ELG 13 – past and present and ELG 14 – people, culture, and communities), recognising different beliefs and having empathy for others.



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Yr 1

- In Autumn 1, children will learn about the people whose job it is to help keep us safe. They will respond safely to adults that they do not know and understand who to approach if they or a friend is feeling worried. They will be introduced to vocabulary that could be used when asking for help and ensure that they know the importance of being heard. Kind and unkind behaviour will be discussed so that the children learn how this can have an effect on others. This then leads them into learning about how to treat themselves and others with respect. The children are also taught what rules are, why they are needed, and why different rules are needed for different situations. This enables them to understand how people and other living things have different needs and understand about the responsibilities of caring for them.
- In Autumn 2, children learn about the roles of different people (Eg. Acquaintances, friends and relatives) and what roles they have in our lives. They will then begin to learn how people make friends and what makes a good friendship. This will then allow them to understand how to recognise when they or someone else feels lonely and what to do if they feel this way. Simple strategies will be introduced to help resolve arguments between friends positively and show them how to ask for help if a friendship is making them feel unhappy. Children will learn that bodies and feelings can be hurt by both words and actions and know how people may feel if they experience hurtful behaviour or bullying. Reinforcement of what is kind and unkind behaviour, and how this can affect others will also be done during this half term.

Yr 2

- Autumn 1, the children will recap whose job it is to keep them safe, responding safely to adults they don't know and what to do if they feel unsafe or worried for themselves or a significant others. They will also recap what the meaning of kind and unkind is and how this behaviour can affect others around them. Children will learn how to treat themselves and others with respect and show polite and courteous characteristics. Using these skills, the children will also learn how to listen to other people and play and work cooperatively. They will be given opportunities to share their opinions on things that matter to them. Rules will also be recapped with the children so that they begin to learn why they are needed and why rules may be different in different settings and situations. This will develop their understanding of how people and other living things have different needs and about the responsibilities needed to care for them.
- In Autumn 2, children will be focusing on their feelings that humans experience and how to recognise and name these different feelings. They will also be encouraged to recognise what others might be feeling and understand that not everyone feels the same at the same time. They will be taught how to recognise when they or someone else is feeling lonely and what to do, especially asking what it is that made them feel unhappy. They will begin to understand that their bodies can be hurt as well as their feelings by words, this will encourage them to discuss hurtful behaviour and bullying. They will also be introduced to hurtful behaviour and how this can happen online and offline and what to do if they experience it. Children will also be introduced how to manage their feelings and learn how to calm themselves down using different strategies.

Yr 3

- In Autumn 1, the children will gain knowledge on how to respond safely and appropriately to adults that are familiar and unfamiliar with in various contexts. They will recognise how important it is to respect others and the importance of self-respect and how this will have an impact on their thoughts and feelings, in addition to their attitude towards school and others within the setting. The children will respect the diversity within the school and will respond respectfully to a range of people and celebrations and beliefs. The children learn to recognise reasons for rules and laws and the consequences of not following them. The children are able to show empathy towards others and learn how to care for other people and living things. The children build their self-esteem through recognizing positive attributes about themselves and their achievements.
- In Autumn 2, children will begin to understand how to make informed decisions regarding their own health and lifestyle choices. They will discuss what makes up a healthy diet and recognize how they can make healthier choices in their eating to ensure they do not encounter health problems. Eg. Tooth decay. The children will also join in discussions regarding daily/weekly exercise regimes and what impact this has on both physical and mental health. Feelings will be discussed and children will be encouraged to identify their own emotions and talk to others about them.



Yr 4

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In Autumn 1, the children will gain further knowledge on how to respond safely and appropriately to adults that are familiar and unfamiliar to them within various contexts. They will respect others and understand the importance of this when building respectful and courteous relationships whether online or offline. They will recognise the importance of self-respect and how this will have an impact on the thoughts and feelings they have about themselves, in addition to their attitude towards school and others within the setting. The children will respect the diversity within the school and will respond respectfully to a range of people and celebrations and beliefs. The reasons for rules and laws will be reinforced and the consequences of not following them. The children will continue to show compassion towards others and learn how to care for other people and living things. The children build their self-esteem through recognizing positive attributes about themselves and their achievements. Children are able to set goals that they wish to achieve for their personal growth.

In Autumn 2, children will further understand how to make informed decisions regarding their own health and lifestyle choices. They will discuss what makes up a healthy diet and recognize how they can make healthier choices in their eating and recognize what may influence these choices. The children will also understand why daily/weekly exercise regimes impact this has on both physical and mental health. Children will learn what good physical health means and how to recognize early signs of physical illness as well as making sure their mental health is taken care of and why it is important.. Feelings will be discussed and children will be encouraged to identify their own emotions and talk to others about them, they will discover that their emotions will change over time and range in intensity. Discussions will be had regarding their every day feelings and the importance of expressing our feelings to others. Support will be given to each child regarding friendships and strategies put in place for those children who need help building positive relationships and friendships. Children will also begin to recognize the importance of self respect and how it affects their thoughts and feelings and others around them. They will be encouraged to show respect to the wider community as well as closer contacts in their lives.



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Yr 5

In Autumn 1, the children will further develop how to respond safely and appropriately to adults who they do or do not know whether that be offline or online. They will also recognise the importance of self respect and show how this can affect their self-esteem. They will further understand the importance of treating others politely and with respect and expect to be treated the same. This does not matter if they are online or offline, in school or in the wider society. Strategies will be given for the children to improve and support courteous and respectful relationships. Children will learn to respect a wide range of people even if they have different cultures, traditions, beliefs and lifestyles. respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own . Rules and laws will be reinforced so that children understand fully the consequences if they do not adhere to them. The importance of having compassion towards others will be reinforced and children will be given responsibilities to ensure that they care for people and living things appropriately. This should enhance their ability to contribute positively to the community and set goals to help achieve personal outcomes as well as showing positivity towards their own achievements.

In Autumn 2, children will be discussing how to make informed decisions about their health and introduce aspects that could make their lifestyle healthy and balanced. They will be discussing choices that support healthy lifestyle choices and recognising what factors may influence these. They will also recognise what good physical health means and how to recognise physical illness in themselves and others. Regular exercise will be reinforced and children will understand why it is important and the benefits to both their physical and mental health. Children will also learn how sleep has an effect on our lifestyles and lack of sleep can deprive the body.

Yr 6

In Autumn 1, children will be able to recognise their individuality and personal qualities which will enable them to identify their own key strengths, skills and achievements. They should then recognise how these contribute to a sense of self worth. They will then further understand how to respond and approach adults who they do not know appropriately, showing respect to themselves and others at all times. Rules and laws will be examined and children will adhere to and follow them correctly understanding why they are in place and consequences if they do not. They will be learning that there are human rights to protect everyone, no matter how they different they are.

In Autumn 2, diversity will be introduced and the children will learn what it means, as well as the benefits of living in a diverse community. Children will also value the different contributions that people and groups make to the community. They will also learn to recognise positive things about themselves and their achievements, showing them how goal setting can help achieve personal outcomes.