

# PHSE JOURNEY



## My class

Children learn about how it is important to be kind and gentle to everyone in the class.

EYFS



## Special me

Children will learn about being special and how their friends and families are special to them..

EYFS

## Keep going

Children will learn how it is go to try hard to be successful.

EYFS



## What our bodies need

Children will learn what are bodies need to be healthy.

EYFS

## Friends

Children will learn about friends and families and how they can make friends.

EYFS



## Amazing us

Children will learn how people grow up and change and how we celebrate each other.

EYFS



### Domains and key concepts



Being Me in my world



Celebrating differences



Dreams and Goals



Healthy Me



Relationships



Changing Me

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## Happy class

Children learn about why the class is a happy and safe place to learn and where we can make the class happy and safe.

1



## Unique me

Children will learn about being special and what makes them unique and how to celebrate other people being special.

1

## Positive

Children will learn how to explain how they can feel successful and positive.

1



## Healthy bodies

Children will learn how our bodies are amazing and how we can to keep it safe and healthy.

1

## Special people

Children will learn to about special relationships with some people and how these relationships help us feel safe and good about myself.

1



## Getting older

Children will learn compare now to when we were babies and explain some of the changes that happen to us as we get older.

1

## Choices

Children learn about compare their own and friends' choices and can express why some choices are better than others.

2



## Be a good friend

Children will learn how it feels to have a friend and be a friend. I can also explain why it is OK to be different.

2

## Working together

Children will learn how it felt to be part of a group and can identify a range of feelings about group work.

2



## Good things for me

Children will learn why foods and medicines can be good for my body and understand about less healthy choices.

2

## How to be safe

Children will learn why relationships that make them feel safe and special and what might make them feel uncomfortable in a relationship.

2



## My body

Children will learn about their bodies and how to keep them safe and healthy.

2



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## Rules and routines

Children will learn why it is important to have rules and how that helps them and others in the class learn.

3



## Kind words

Children learn how conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.

3

## Learn and improve

Children learn to explain the different ways that help them learn and what they need to do to improve.

3



## Safe and sound

Children will learn how to identify things that they need to keep safe from, and some ways for keeping themselves safe and healthy including who to go to for help.

3

## Family and friends

Children will learn about families and friendships and how they can be different to their own.

3



## How we grow and change

Children will learn about how babies grow and to understanding a baby's needs. They will also learn about how our bodies change as we grow.

3

## Rights and responsibilities

Children will learn about being a school citizen and their rights, responsibilities and democracy as well as rewards and consequences.

4



## Accepting me and others

Children will learn about challenging assumptions such as judging by appearance. They will also explore how they can accept themselves and others.

4

## Resilience

Children will learn about different hopes and dreams and how we can overcome disappointment by creating new and realistic dreams.

4



## Peer pressure

Children will learn about how to have healthy friendships. They will discuss peer pressure and how to be assertive and have inner strength.

4

## Appreciation

Children will learn about how to deal with love and loss. They will show appreciation to people and animals.

4



## Growing and changing

Children will learn about being unique and how their bodies change in puberty.

4



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## Planning ahead

Children will learn about planning for the upcoming year and how to be a good citizen of our school and communities.

5



## Respecting cultures

Children will learn about how to enjoy and respect other cultures. They will learn about racism and how to respond to it.

5

## Future jobs

Children will learn about identifying future dreams and the importance of money, jobs and careers.

5



## Healthy choices

Children will learn about the differences between healthy and unhealthy lifestyle choices including smoking, alcohol and food.

5

## Online and digital

Children will learn about staying safe online including the dangers of online grooming. They will also learn about rights and responsibilities online.

5



## Body image

Children will learn about how online and social media can impact our body image. They will also look at puberty and changes.

5

## Global citizenship

Children will learn about how identifying goals for the year. They will also explore global citizenship and children's universal rights.

6



## Inclusion

Children will learn about understanding disability and the difference between inclusion and exclusion.

6

## Learning goals

Children will learn about setting personal learning goals, in and out of school and recognising achievements.

6



## Personal safety

Children will learn about taking personal responsibility. They will also learn how to keep themselves safe from exploitation, including 'county lines' and gang culture.

6

## Mental health

Children will learn about mental health and identifying mental health worries and sources of support.

6



## Conception

Children will learn about puberty and conception to birth. They will learn about respect and consent.

6

