

Nun Monkton PSHE Long Term Plan

PSHE in Early Years is taught across all areas of the curriculum as part of the children's ongoing development throughout the year.

Nursery	<ul style="list-style-type: none">• Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them.• Develop their sense of responsibility and membership of a community.• Become more outgoing with unfamiliar people, in the 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 conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.• Increasingly follow rules, understanding why they are important.• Remember rules without needing an adult to remind them.• Develop appropriate ways of being assertive.• Talk with others to solve conflicts.• Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.• Understand gradually how others might be feeling.• Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly.• Make healthy choices about food, drink, activity and toothbrushing.
Reception	<ul style="list-style-type: none">• See themselves as a valuable individual.• Build constructive and respectful relationships.• 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.• Think about the perspectives of others.• 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 - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian.

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We use the PSHE Association materials covering the following question-based topics over a 2-year rolling programme. Children are taught in paired year groups (Nursery and Reception, Year 1/2, Year 3/4 and Year 5/6) allowing them to access PSHE at an age-appropriate level.

Y1/2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A	What is the same and different about us?	Who is special to us?	What Helps us stay safe?	What jobs do people do?	Who helps to keep us safe?	How do we recognise feelings?
Cycle B	What makes a good friend?	What is bullying?	What helps us stay healthy?	What can we do with money?	What helps us grow and stay healthy?	How can we look after each other and the world?

Y3/4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A	How can we be a good friend?	What strengths, skills and interests do we have?	What are families like?	What makes a community?	How will we change and grow?	Why should we keep active and sleep well?
Cycle B	What keeps us safe?	How do we treat each other with respect?	Why should we eat well and look after our teeth?	How can we manage our feelings?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?

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Y5/6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A	How can friends communicate safely?	How can drugs common to everyday life affect health?	How can media influence people?		How can we help in an accident or emergency?	What jobs would we like?
Cycle B	What will change as we become more independent? How do friendships change as we grow?		What decisions can people make with money?	What makes up a person's identity?	How can we keep healthy as we grow?	

Nun Monkton Contextual PSHE
<p>The following areas have been identified as particularly important within the context of our school. Some topics are taught at specific times of the year to ensure relevance and safety (for example, when the cows are on the green or when the pond is frozen). When these areas are taught as part of our PSHE curriculum they are given additional emphasis in response to the specific needs of our pupils. Key life skills, such as road safety, are taught and reinforced throughout the year, particularly on our weekly walks to Forest School.</p> <ul style="list-style-type: none"> • County lines/drug awareness • Road safety • Water safety • Safety around livestock • Knowledge of the wider world outside of Nun Monkton

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- Different types of families
- Online safety
- Stranger danger/who is safe to trust?