

PSHE Pathway



Purple objectives are from RSE policy 2023 Green objectives are from Drugs and Alcohol policy 2022	Nursery	Reception	Year 1	Year 2	Expectation
Values	Activities planned within the EYFS curriculum will enable the children to recognise and manage their emotions		Achievement: <ul style="list-style-type: none">• Show the value of achievement at school and at home by staying positive and patient when working on personal goals• Understand that achievement means reaching a goal, however big or small	Achievement: <ul style="list-style-type: none">• Learn the value of positivity when working on personal goals• Understand that goals worth achieving take time and patience	
	Focus on 5 values: <ul style="list-style-type: none">• Friendship• Honesty• Kindness• Resilience• Responsibility	Introduce children to these terms and help them to begin to understand their meaning: <ul style="list-style-type: none">• Achievement• Cooperation• Courage• Empathy• Gratitude• Honesty• Kindness• Resilience• Respect• Responsibility• Tolerance	Cooperation: <ul style="list-style-type: none">• To know what makes a good team member• To be able to talk about what is difficult about cooperating in a team	Cooperation: <ul style="list-style-type: none">• To know what it means to compromise• To know how it makes us feel when we cooperate with others	
			Courage: <ul style="list-style-type: none">• Understand that courage means doing something difficult even when you feel afraid• Show the value of courage at school and at home by doing the right thing even if others are not	Courage: <ul style="list-style-type: none">• Understand that courage means choosing to act despite feelings of fear• Know that courage means doing the right thing even if others are not	
			Empathy: <ul style="list-style-type: none">• Express feelings and emotions through discussion with peers and adults• Know that there is a normal range of emotions (e.g happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans		

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			<p>experience in relation to different experiences and situations</p> <ul style="list-style-type: none"> Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings 	
		<ul style="list-style-type: none"> Show the value of empathy at school and at home by understanding what it is like to be someone else and feeling what they are feeling Understand the meaning of the phrase 'treat others the way you want to be treated' 	<ul style="list-style-type: none"> Learn to be empathetic by reading others' faces and actions Understand the meaning of the phrase 'treat others the way you want to be treated' 	
		<p>Friendship:</p> <ul style="list-style-type: none"> Know how important friendships are in making us feel happy and secure and how people choose and make friends Know the characteristics of friendships, including mutual respect, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties Know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded Know that most friendships have ups and downs, and that these can often be worked through so that friendship is repaired and that resorting to violence is never right Know how to judge when a friendship is making them feel unhappy or uncomfortable and how to find help 		
		<p>Gratitude:</p> <ul style="list-style-type: none"> Be able to talk about what we are grateful for Know how to show others that we are grateful to them 	<p>Gratitude:</p> <ul style="list-style-type: none"> To know what it means to be a 'glass half full' person To know why being a grateful person is good for us 	
		<p>Honesty:</p> <ul style="list-style-type: none"> Understand the importance of honesty and the consequences of 	<p>Honesty:</p> <ul style="list-style-type: none"> Understand the importance of honesty and the consequences of 	

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			dishonesty <ul style="list-style-type: none">Show the value of honesty at school and at home by speaking the truth and acting truthfully	dishonesty <ul style="list-style-type: none">Begin to understand that there are times when honesty is not necessary or kind	
			Kindness: <ul style="list-style-type: none">Understand that kindness is about being caring and helpful, and looking after othersKnow the different ways to show kindness at school and at home and understand how they make others feel	Kindness: <ul style="list-style-type: none">Know different ways to show kindness and how they make others feelUnderstand the ripple effect of acts of kindness	
			Resilience: <ul style="list-style-type: none">Talk about how the children have developed physically and educationally		
			<ul style="list-style-type: none">Show the value of resilience at school and at home by always trying your hardest and not giving up, even when something is challengingUnderstand that we all learn differently and find different learning easy or difficultAccept that we make mistakes and that they are an important part of learning	<ul style="list-style-type: none">Understand that we all learn differently and find different learning easy or difficultAccept that we make mistakes and that they are an important part of learning	
			Respect: <ul style="list-style-type: none">Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), make different choices or have different preferences or beliefsDemonstrate the conventions of courtesy and mannersKnow the importance of self-respect and how this links to their own		

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			<p>happiness</p> <ul style="list-style-type: none"> Know that in school and in wider society they can be expected to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority Learn about different types of bullying (including cyber-bullying), the impact of bullying, the responsibilities of bystanders (primarily reporting the bullying to an adult) and how to get help 	
		<ul style="list-style-type: none"> Show respect at school and at home by thinking and acting in a way that shows you care about yourself, others and the world Know our school rules and understand that following them is a sign of respect for our school community 	<ul style="list-style-type: none"> Know our school rules and understand that following them is a sign of respect for our school community Understand that caring for the world shows respect to the plants and animals who share it with us 	
		<p>Responsibility:</p> <ul style="list-style-type: none"> Understand that responsibility means being trusted by others to make good choices Show the value of responsibility at school and at home by being in control of your own behaviour and apologising when you make a mistake 	<p>Responsibility:</p> <ul style="list-style-type: none"> Understand what it means to be dependable and make the right choices Know that responsibility means being in control of your own behaviour and apologising when you make a mistake 	
		<p>Tolerance:</p> <ul style="list-style-type: none"> Know that others' families either in school or the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care 		
		<ul style="list-style-type: none"> Showing the value of tolerance at school and at home by treating everyone the same because it is OK to be different 	<ul style="list-style-type: none"> Know and respect all the ways that we are different including appearance, values, beliefs and abilities 	

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Relationships and Mental Wellbeing	<p>Activities planned within the EYFS curriculum will enable the children to develop positive social relationships with others</p> <p>Children will learn about:</p> <ul style="list-style-type: none"> the importance of nurture and care to ensure healthy growth and development the role of adults – parents, carers and family support (in the widest sense) in developing a caring community and how they can contribute to the community 	<p>Family life and relationships:</p> <ul style="list-style-type: none"> Talk about their own families Understand the responsibilities of raising and caring for children Know that families are important for children growing up because they can give love, security and stability Know the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives Know how to recognise if family relationships are making them feel unhappy or unsafe, and how to get help from other people Demonstrate strategies to deal with jealousy and anger toward siblings 		
		<p>Bereavement:</p> <ul style="list-style-type: none"> To begin to understand and talk about bereavement To learn the importance of memories 		
		<p>Mental wellbeing:</p> <ul style="list-style-type: none"> Know that mental wellbeing is a normal part of daily life, in the same way as physical health Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests 		
Keeping Ourselves Safe	<p>Activities planned within the EYFS curriculum will enable the children to understand how to take care of themselves</p> <p>Children will learn about:</p> <ul style="list-style-type: none"> the body parts and know which parts should be private the difference between 	<p>Clever never goes:</p> <ul style="list-style-type: none"> Learn to recognise when someone outside of their family is trying to get them to go with them and how to keep themselves safe Understand and explain the 'Clever never goes' rule – clever never goes with someone when it hasn't been arranged 		
		<p>Road safety:</p> <ul style="list-style-type: none"> To know how to keep safe on the roads 		
		<p>Sun safety:</p> <ul style="list-style-type: none"> Know about safe and unsafe exposure to the sun and how to keep themselves safe in the sun 		

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	<p>appropriate and inappropriate touch</p> <ul style="list-style-type: none"> who to talk to if they are worried or if someone has done something or spoken to them in a way that makes them feel uncomfortable or unsafe <p>Children learn</p> <ul style="list-style-type: none"> the basic ways in which to look after your body that some equipment/resources can be harmful if not supervised by an adult there are people who help us to look after our bodies 	<p>Emergency services:</p> <ul style="list-style-type: none"> Know how to make a call to emergency services if necessary <p>Drugs and alcohol:</p> <ul style="list-style-type: none"> All medicines are drugs, but not all drugs are medicines There are school procedures relating to medicines The role of medicines (both prescribed and over-the counter) in promoting health and the reasons people use them All drugs can be harmful if not used properly Simple safety rules about medicines and other substances used in the home To consider the general effects of alcohol and tobacco on health and behaviour About people who are involved with medicines (health professionals, pharmacists) Who can help them if they have questions or concerns (parents, teachers, school nurse) <p>NSPCC underwear rule:</p> <ul style="list-style-type: none"> Name body parts and know which parts should be private Learn the difference between appropriate and inappropriate touch Understand that they have the right to say 'no' to unwanted touch Know who to talk to if they are worried or if someone has done something or spoken to them in a way that makes them feel uncomfortable or unsafe 	
Living in the Wider World		<p>Empower children to be the change our sustainable world needs by engaging them in fun, action-orientated and socially responsible learning related to the following eco topics: school grounds, transport, energy, litter, waste, marine, water, global citizenship, biodiversity, healthy living</p>	
Vocabulary	<p>The names for the 11 values: Achievement, Courage, Empathy, Friendship, Honesty, Kindness, Resilience, Respect, Responsibility, Thoughtfulness, Tolerance</p> <p>Safety: safe/unsafe, 'clever never goes', emergency, medicines, drugs, private</p>		

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