

Bullion Lane Primary School

R/PSHE Curriculum – Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<ul style="list-style-type: none"> • Select and use activities and resources, with help when needed. • 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. 	<ul style="list-style-type: none"> • I can follow the routines and rules without an adult needing to remind me. • I am becoming more outgoing with unfamiliar people, in the safe context of my setting. • I can show confidence in new social situations such as group time and circle time. • I know why rules in nursery are important. • I know how to be a good friend. 	<ul style="list-style-type: none"> • I can extend and elaborate my play ideas. I can ask for help when needed. • I know how to find solutions to conflicts and rivalries. • I know how to play with one or more children. • I know the importance of oral health. 	<ul style="list-style-type: none"> • I can talk with others to solve conflicts. • I can put on my own coat, wellies and shoes. • I can pour my own drink at snack. • I know ways of being assertive. • I know how to use large and small motor skills to do things independently, for example manage buttons and zips, and pour drinks. 	<ul style="list-style-type: none"> • Help to find solutions to conflicts. • Develop appropriate ways of being assertive. • Talk with others to solve conflicts. • Develop their sense of responsibility and membership of a community. • I know how to express how I am feeling. 	<ul style="list-style-type: none"> • Play with at least one or more children, extending and elaborating my ideas. • Follow rules and can understand why they are important. • Talk about my feelings using words like: happy, sad, angry and worried. • Share and take turns in a group. • Independent when meeting my own care needs such as: brushing teeth, going to the toilet, feeding myself and washing my hands.
Reception	<p>Learn to take turns and share fairly.</p> <p>Begin to take responsibility for their own behaviour.</p> <p>Discuss new beginnings at school.</p> <p>Build relationships with peers.</p> <p>Become aware of class routines.</p>	<ul style="list-style-type: none"> • See themselves as a valuable individual. • Build constructive and respectful relationships. • Identify and moderate their own feelings socially and emotionally. <p>Begin to dress and undress independently.</p>	<p>Begin to explain to others about a problem or an emotion.</p> <p>Continue to dress into PE kits and school uniform independently.</p> <p>Discuss how to keep our teeth and bodies clean.</p> <p>Understand and practise sensible road safety procedures.</p> <p>Continue to build respectful relationships.</p>	<ul style="list-style-type: none"> • Show resilience and perseverance in the face of challenge. • Express their feelings and consider the feelings of others. • Think about the perspectives of others. 	<p>ELG: Self-Regulation</p> <ul style="list-style-type: none"> • Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate • 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. <p>ELG: Managing Self</p> <ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge • Explain the reasons for rules, know right from wrong and try to behave accordingly • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. <p>ELG: Building Relationships</p> <ul style="list-style-type: none"> • Work and play cooperatively and take turns with others • Form positive attachments to adults and friendships with peers • Show sensitivity to their own and to others' needs. 	

Year 1/2	Families and Friendships – What makes a good friend?	Safe Relationships – What is bullying?	Keeping Safe – What helps us to stay safe?	Economic Wellbeing – Where does money come from?	Physical Health and Mental Wellbeing – What helps us grow and stay healthy?	Respecting Ourselves and Others – What is the same and different about us?
Year 3/4	Families and Friendships – How can I develop positive friendships?	Physical Health and Mental Wellbeing – Why should we eat well and look after our teeth?	Safe Relationships – What keeps us safe?	Growing and Changing – What makes me unique?	Respecting Ourselves and Others – How can I respect similarities and differences between people?	Belonging to a Community – What makes a community?
Year 4/5	Drugs, Alcohol and Tobacco – What are drugs?	Shared Responsibilities – Why do we have rules?	Economic Wellbeing: Money – How can I handle money?	Safe Relationships – How can I develop safe relationships?	Respecting Ourselves and Others – How can we show respect to one another?	Economic Well Being: Aspirations, Work and Careers – What is a career?
Year 5/6	Families and Friendships – What do relationships look like?	Physical Health and Mental Wellbeing – How can I keep my mind healthy?	Safe Relationships – How can I keep myself safe in relationships?	Growing and Changing – How can we keep healthy as we grow?	Respecting Ourselves and Others – How can we treat each other with respect?	Belonging to a Community – How can we value diversity?