**Marwood School PSHE Provision**

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| Reception | Communication and Language | 1. Use talk to help work out problems and organise thinking and activities, and to explain how things work and why they might happen.
2. Develop social phrases.
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| Personal, Social and Emotional Development | 1. See themselves as a valuable individual.
2. Build constructive and respectful relationships.
3. Express their feelings and consider the feelings of others.
4. Show resilience and perseverance in the face of challenge.
5. Identify and moderate their own feelings socially and emotionally.
6. Think about the perspectives of others.
7. Manage their own needs. personal hygiene
8. 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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| Physical Development | 1. Further develop the skills they need to manage the school day successfully:
	* lining up and queuing
	* mealtimes
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| Understanding the World | 1. Talk about members of their immediate family and community.
2. Name and describe people who are familiar to them.
3. Recognise that people have different beliefs and celebrate special times in different ways.
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|  | Autumn | Spring | Summer |
| Reception | • 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.SCARF plans and resources for Reception | • 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.SCARF plans and resources for Reception | • 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.SCARF plans and resources for Reception |

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|  | Autumn A | Spring A | Summer A | Autumn B | Spring B | Summer B  |
| KS1 | Me & My Relationships (Y2)Valuing Difference (Y2) | Keeping Myself Safe (Y2)Rights and Responsibilities (Y2) | Being My Best (Y2)Growing and Changing (Y2) | Me & My Relationships (Y1)Valuing Difference (Y1) | Keeping Myself Safe (Y1)Rights and Responsibilities (Y1) | Being My Best (Y1)Growing and Changing (Y1) |
| LKS2 | Me and My RelationshipsMindfulness (relaxation & meditation)Valuing differences | Keeping myself SafeRights and responsibilities | Being my BestGrowing and Changing | Me and My RelationshipsMindfulness (relaxation & meditation)Valuing differences | Keeping myself SafeRights and responsibilities | Being my BestGrowing and Changing |
| UKS2 | **Being my best:** FIRST AID (Y6)**Keeping Myself Safe:** Healthy Lifestyles (Y6)**Coram Life Caravan visit****Me & My Relationships:**Collaboration / Being assertive/ communication**(Y6)** | **Valuing difference:**HEALTHY RELATIONSHIPS (Y6)**Rights and responsibilities:**LIVING IN THE WIDER WORLD (Y6) | **Being my best:**Well-being and Risk**(Y6)** **Growing and changing:**RSE (Y5&6) | **Keeping Safe:** Healthy Lifestyles (Y5) **Coram – Life caravan visit****Being my best:** Growth Mindset (Y5)FIRST AID (Y5) | **Me & My relationships:** Collaboration / Being assertive/ comunication**(Y5)****Valuing difference:**British Values(Y5) | **Rights and Responsibilities:** Caring for the environment / money (Y5)**Growing and changing:** RSE (Y5&6) |