



PSHE Medium Term Plans

<u>Year R Unit Names:</u>	<u>Golden Threads:</u>
Being Me In My World Celebrating Difference Dreams and Goals Healthy Me Relationships Changing Me	Respect and Empathy Safety and Risk Management Health and Well-being Positive Relationships Resilience and Self-esteem Responsibility and Citizenship

Long Term Plans	Enquiry Theme	Objectives	Golden Threads Links	Assessment
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Being Me In My World	Self-identity	1. To understand how it feels to belong and that we are similar and different 2. To recognise and manage my feelings 3. To enjoy working with others to make school a good place to be 4. To understand why it is good to be kind and use gentle hands 5. To start to understand children's rights and this means we should all be allowed to learn and play 6. To begin to understand what being responsible means	Respect and Empathy Positive Relationships Responsibility and Citizenship	1. Say how we are similar and different 2. Recognise and manage my feelings 3. Enjoy working with others to make school a good place to be 4. Say why it is good to be kind and use gentle hands 5. Understand children's rights and this means we should all be allowed to learn and play 6. Show what being responsible means
Celebrating Difference	Identifying talents	1. To identify something I am good at and understand everyone is good at different things 2. To understand that being different makes us all special 3. To know we are all different but the same in some ways 4. To say why I think my home is special to me 5. To say how to be a kind friend 6. To know which words to use to stand up for myself when someone says or does something unkind	Respect and Empathy Positive Relationships Resilience and Self-esteem	1) Say something I am good at and understand everyone is good at different things 2) Understand that being different makes us all special 3) Know we are all different but the same in some ways 4) Say why I think my home is special to me 5) Say how to be a kind friend 6) Know which words to use to stand up for myself when someone says or does something unkind

Dreams and Goals	Challenges	1. To understand that if I persevere I can tackle challenges 2. To say a time that I didn't give up until I achieved my goal 3. To set a goal and work towards it 4. To use kind words to encourage people 5. To understand the link between what I learn now and the job I might like to do when I'm older 6. To say how I feel when I achieve a goal and know what it means to feel proud	Positive Relationships Resilience and Self-esteem	1. Understand that if I persevere I can tackle challenges 2. Say a time that I didn't give up until I achieved my goal 3. Set a goal and work towards it 4. Use kind words to encourage people 5. Understand the link between what I learn now and the job I might like to do when I'm older 6. Say how I feel when I achieve a goal and know what it means to feel proud
Healthy Me	Exercising bodies	1. To understand that I need to exercise to keep my body healthy 2. To understand how moving and resting are good for my body 3. To know which foods are healthy and not so healthy and can make healthy eating choices 4. To know how to help myself go to sleep and understand why sleep is good for me 5. To wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet	Safety and Risk Management Health and Well-being Positive Relationships Resilience and Self-esteem	1. Understand that I need to exercise to keep my body healthy 2. Understand how moving and resting are good for my body 3. Name which foods are healthy and not so healthy and can make healthy eating choices 4. Know how to help myself go to sleep and understand why sleep is good for me

		To know who my safe adults are and how to stay safe if they are not close by me		- Wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet - Name who my safe adults are and how to stay safe if they are not close by me
Relationships	Family life	- To identify some of the jobs I do in my family and how I feel like I belong - To know how to make friends to stop myself from feeling lonely - To think of ways to solve problems and stay friends - To begin to understand the impact of unkind words - To use Calm Me time to manage my feelings - To know how to be a good friend	Positive Relationships Resilience and Self-esteem	- Say some of the jobs I do in my family and how I feel like I belong - Know how to make friends to stop myself from feeling lonely - Think of ways to solve problems and stay friends - Understand the impact of unkind words - Use Calm Me time to manage my feelings - Say how to be a good friend
Changing Me	Bodies	- To name parts of the body - To say some things I can do and foods I can eat to be healthy - To understand that we all grow from babies to adults - To express how I feel about moving to Year 1 - To talk about my worries and/or the things I am	Respect and Empathy Health and Well-being Resilience and Self-esteem	- Name parts of the body - Say some things I can do and foods I can eat to be healthy - Understand that we all grow from babies to adults - Say how I feel about moving to Year 1

		looking forward to about being in Year 1 6. To share my memories of the best bits of this year in Reception		5. Talk about my worries and/or the things I am looking forward to about being in Year 1 6. Share my memories of the best bits of this year in Reception
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