



Stoke By Nayland CofE Primary School
2 Year Rolling Programme PSHE EYFS/KS1

Cycle 1		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Focus	Families and Friendships		Living in the Wider World		Health and Well Being	
	Topic	<u>Families and Friendships</u>	<u>Respecting Ourselves and Others</u>	<u>Belonging to a Community</u>	<u>Money and Work</u>	<u>Physical Health and Mental Well Being</u>	<u>Keeping Safe</u>
	EYFS	My Family	All about Me	My class	People who help me	Keeping fit	Staying safe
	KS1	Roles of different people; families; feeling cared for	Recognising things in common and differences; playing and working cooperatively; sharing opinions How behaviour affects others; being respectful and polite	Belonging to a group; roles and responsibilities What rules are; caring for others' needs;	What money is; needs and wants; looking after money Strengths and interests; jobs in the community	Keeping healthy; food and exercise	How rules and restrictions help us Keeping safe online Safety in different environments risk and safety at home emergencies

Cycle 2		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Focus	Relationships		Living in the Wider World		Health and Well Being	
	Topic	<u>Families and Friendships</u>	<u>Safe Relationships</u>	<u>Belonging to a community</u>	<u>Media Literacy and digital resilience</u>	<u>Physical health and Mental well being</u>	<u>Growing and changing</u>
	EYFS	My Friends	People who help me	My school	Using a computer safely	Healthy eating	I am unique
	KS1	Making friends; feeling lonely and getting help	Recognising privacy; staying safe; seeking permission Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Looking after the environment	Using the internet and digital devices safely The internet in everyday life; online content and information	Why sleep is important; medicines and keeping healthy Keeping teeth healthy	Recognising what makes them unique and special feelings managing when things go wrong Growing older naming body parts moving class or year group