



Learning Journey

PSHE

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Nursery | <u>Fostering a positive classroom climate</u> Circle time rules and compliments | <u>Basic Feelings – Unit 1 & 2</u> Compliments, happy, sad, mad, angry, scared or afraid | <u>Self-control</u> Turtle techniques – calm or relaxed | <u>Sharing, caring and friendship</u> Basic problem solving | <u>Intermediate feelings</u> Comfortable & uncomfortable, different types of feelings – excited, tired, frustrated & proud | <u>Advanced feelings</u> Love, worried, disappointed, jealous, furious, guilty, generous |
| Reception | Self regulation: My feelings | Building relationships: Special relationships | Managing self: Taking on challenges | Self regulation: Listening and following instructions | Building relationships: My family and friends | Managing self: My well being |
| Year 1 | <u>Introduction lesson</u> Family and relationships | Family and relationships: Health and Wellbeing | Health and Well being: Safety and the changing body | Safety and the changing body Citizenship | Citizenship Economic Wellbeing | Economic well being Transition lesson |

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| Year 2 | Introduction lesson Family and relationships | Family and relationships: Health and Wellbeing | Health and Well being: Safety and the changing body | Safety and the changing body Citizenship | Citizenship | Economic well being Transition lesson |
| Year 3 | Introduction lesson Family and relationships | Family and relationships: Health and Wellbeing | Health and Well being: Safety and the changing body | Safety and the changing body Citizenship | Citizenship | Economic well being Transition lesson |
| Year 4 | Introduction lesson Family and relationships | Family and relationships: Health and Wellbeing | Health and Well being: Safety and the changing body | Safety and the changing body | Citizenship | Citizenship Economic well being Transition lesson |
| Year 5 | Introduction lesson Family and relationships | Family and relationships: Health and Wellbeing | Health and Well being: Safety and the changing body | Safety and the changing body Citizenship | Citizenship Economic Well Being | Economic well being Transition lesson: roles and responsibilities |
| Year 6 | Introduction Lesson Family and Relationships | Health and Wellbeing | Health and Wellbeing Safety and the Changing Body | Safety and the Changing Body Citizenship | Citizenship Economic Wellbeing | Economic Wellbeing Identity Transition Lesson |

