



Learning Journey

PSHE 2024-2025

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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

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