

EYFS, KEY STAGE 1 (4 – 7 years)						
Cycle	AUTUMN		SPRING		SUMMER	
1	People Who Help Me		Journeys		Me & My Body	
Connect wellbeing	<p>Connecting with others</p> <p>To begin to understand what connecting with others means with a focus on how I can connect with people that help me</p> <p>To know who helps me at home and how they can help me</p> <p>To know who can help me in an emergency</p> <p>To know how I can contact people when I need their help</p>	<p>Giving to others</p> <p>To begin to understand what giving to others means with a focus on the different helping professions and what they do to help us</p> <p>To begin to be able to understand different ways we can help others</p> <p>To be able to ask for help</p>	<p>Embracing the moment</p> <p>To begin to learn how I can embrace the moment with a focus on increasing my sensory awareness through mindful seeing</p> <p>To be able to know what the 5 senses are</p>	<p>Challenging yourself</p> <p>To begin to understand what it means to challenge myself with a focus on trying something new</p> <p>To try eating a new fruit that I haven't eaten before</p> <p>To try playing a musical instrument that I haven't played before</p> <p>To be brave and put my hand inside a sensory feely box</p>	<p>Self-care</p> <p>To begin to understand what self-care means with a focus on looking after myself physically</p> <p>To begin to learn ways to look after my body by keeping it clean (personal hygiene), with a focus on washing my whole body by having a bath or taking a shower</p>	<p>Exercise</p> <p>To begin to develop an understanding of what different parts of the body are called, including those used for exercise</p> <p>To be able to copy pointing or gesturing towards different parts of the body</p>
2	Weather & Seasons		Clothes		My Home & Family	
Connect wellbeing	<p>Self-care</p> <p>To begin to understand what self-care means with a focus on looking after myself physically</p> <p>To begin to learn about different kinds of self-care I can do in different weathers and in different seasons</p>	<p>Embracing the moment</p> <p>To begin to learn how I can embrace the moment with a focus on increasing my sensory awareness through mindful touching</p> <p>To be able to know what the 5 senses are</p>	<p>Challenging yourself</p> <p>To begin to understand what it means to challenge myself with a focus on how I can learn something new</p> <p>To know that I can practice (persevere) to get better at something or achieve my goals</p>	<p>Exercise</p> <p>To begin to develop an understanding that there are different types of exercise/ sporting activities</p> <p>To begin to know about the different types of clothing that we need to wear for sport/ exercise</p>	<p>Connecting with others</p> <p>To begin to understand what connecting with others means with a focus on how I can have fun spending time with my family</p> <p>To be able to indicate the activities that I like to do at home and with my family</p> <p>To be able to indicate how it feels to do fun activities at home with my family</p>	<p>Giving to others</p> <p>To begin to understand what giving to others means with a focus on ways to help at home and with my family</p> <p>To identify different household chores and jobs around the home that I can help with</p> <p>To understand how it makes my parents feel when I help out at home</p>
3	Plants & Animals		My Town		Food & Drink	
Connect wellbeing	<p>Giving to others</p> <p>To begin to understand what giving to others means with a focus on giving to animals and plants</p>	<p>Embracing the moment</p> <p>To begin to learn how I can embrace the moment with a focus on increasing my</p>	<p>Challenging yourself</p> <p>To begin to understand what it means to challenge myself with a focus on how I can learn</p>	<p>Connecting with others</p> <p>To begin to understand what connecting with others means with a focus on how I can have</p>	<p>Self-care</p> <p>To begin to understand what self-care means with a focus on healthy eating</p>	<p>Exercise</p> <p>To begin to be able to move my body in different ways, with a focus on dance.</p>

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	<p>To identify giving actions for animals and plants</p> <p>To understand how animals react when we give them treats and look after them and how it makes them feel</p>	<p>sensory awareness of nature and the great outdoors</p> <p>To begin to be able to name animals/ plants/ nature items that I may see on a nature walk</p> <p>To be able to use some describing words (attributes) for animals/ plants/ nature items</p> <p>To be able to notice items on a nature walk</p>	<p>something new by going to a library</p> <p>To begin to know about what I can do at a library and who works there</p> <p>To be able to record my memories from the trip to the library and make my personalized record of the visit</p>	<p>fun spending time with my friends in school</p> <p>To begin to understand that there are similarities and differences between what I like to do and what my friends like to do</p> <p>To be able to choose to play with friends who like to do the same things as me</p> <p>To be able to ask my friends to play with me and to know how to respond when they ask me</p>	<p>To identify different fruits and vegetables</p> <p>To try eating a variety of different healthy snacks (apples, bananas, berries)</p>	<p>To be able to indicate how I feel after exercise (if I need food and drink/ am hungry or thirsty)</p>
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KEY STAGE 2 (7 – 11 years)						
Cycle	AUTUMN		SPRING		SUMMER	
1	Festivals & Celebrations		Transport		Me & My Body	
Connect wellbeing	<p>Connecting to others</p> <p>To begin to understand what connecting with others means with a focus on how I can connect to others using non-verbal gestures</p> <p>To be able to imitate non-verbal gestures</p> <p>To be able to identify/ label what different non-verbal gestures mean</p> <p>To be able to know which nonverbal gesture to use in different situations</p>	<p>Embracing the moment</p> <p>To begin to learn how I can embrace the moment with a focus on noticing and savouring the times that I am happy</p> <p>To know how I can use different activities to boost my happiness</p>	<p>Giving to others</p> <p>To begin to understand what giving to others means with a focus on helping the planet (looking after our world)</p> <p>To begin to be able to understand ways that we can travel in a sustainable way and why it is important</p> <p>To begin to understand the importance of active travel (e.g., walking, cycling)</p> <p>To begin to understand the importance of using public transport (e.g., taking the bus, train)</p>	<p>Challenging yourself</p> <p>To begin to understand what it means to challenge myself with a focus on how I can learn something new</p> <p>To use a variety of strategies to find out new information</p> <p>To put together a “happiness” book on my special interest based on what I have learnt</p>	<p>Self-care</p> <p>To begin to understand what self-care means with a focus on looking after myself physically</p> <p>To begin to learn ways to look after my body by keeping it clean (personal hygiene), with a focus on washing hands</p>	<p>Exercise</p> <p>To begin to be able to move my body in different ways, with a focus on yoga</p> <p>To be able to indicate how I feel after exercise (if I am happy or sad/ hungry or thirsty/ If I need a snack or a drink)</p>
2	My City		Food & Drink		Materials	
Connect wellbeing	<p>Challenging yourself</p> <p>To begin to understand what it means to challenge myself with a focus on how I can learn something new by going to a museum</p> <p>To begin to know about what I can find at a museum and who works there</p> <p>To be able to record my memories from the museum trip and make my personalized record of the visit</p>	<p>Embracing the moment</p> <p>To begin to learn how I can embrace the moment with a focus on increasing my sensory awareness through mindful hearing</p> <p>To be able to know what the 5 senses are</p>	<p>Self-care</p> <p>To begin to understand what self-care means with a focus on healthy eating</p> <p>To be able to indicate what my favourite fruit and vegetables are</p> <p>To try eating a new fruit that I haven't eaten before</p> <p>To design a creative healthy snack to eat</p>	<p>Exercise</p> <p>To begin to be able to move my body in different ways, with a focus on completing a simple exercise routine</p> <p>To be able to indicate how I feel after exercise (if I am hungry or thirsty)</p>	<p>Connecting to others</p> <p>To begin to understand what connecting with others means with a focus on how I can have fun spending time with my friends in school</p> <p>To begin to understand that there are similarities and differences between what I like to do and what my friends like to do</p> <p>To be able to write my name (or select my photograph) to put on my friend's survey sheets and be able to identify from the survey which games my friends like to do best</p>	<p>Giving to others</p> <p>To begin to understand what giving to others means with a focus on helping the planet (looking after our world)</p> <p>To begin to be able to discriminate between those materials that can be recycled (e.g., glass, paper, some plastics, cardboard) versus those that cannot</p> <p>To be able to sort rubbish into different recyclable categories</p>

					<p>To be able to choose to play with friends who like to do the same things as me</p> <p>To be able to ask my friends to play with me and to know how to respond when they ask me</p>	
3	Plants & Animals		Light & Dark		My School Community	
Connect wellbeing	<p>Embracing the moment</p> <p>To begin to learn how I can embrace the moment with a focus on increasing my sensory awareness of nature and the great outdoors</p> <p>To begin to be able to name animals/ plants/ nature items that I may see on a nature walk</p> <p>To be able to use some describing words (attributes) for animals/ plants/ nature items</p> <p>To be able to notice items on a nature walk</p>	<p>Challenging yourself</p> <p>To begin to understand what it means to challenge myself with a focus on trying something new in a social situation</p> <p>To be able to try playing a new game</p> <p>To be able to practice in a role play situation, social interactions that are difficult for me or which make me nervous</p> <p>To be able to join in with "show and tell"</p> <p>To try out new roles and responsibilities in the school</p>	<p>Self-care</p> <p>To begin to understand what self-care means with a focus on looking after myself emotionally</p> <p>To begin to understand that I can try relaxation strategies when I need to rest</p> <p>To try to take part in a relaxing activity- including a simple guided meditation</p>	<p>Exercise</p> <p>To be familiar with different places in the community where you can go to exercise</p> <p>To be familiar with different types of equipment you need for different types of exercise/ different sports</p>	<p>Giving to others</p> <p>To begin to understand what giving to others means with a focus on ways to be giving at school</p> <p>To identify ways to be able give to others with a focus on giving to my friends</p> <p>To be able to share and take turns with my friends</p> <p>To identify ways to be able to give to others with a focus on helping out at school</p> <p>To be able to take part in helpful activities at school</p>	<p>Connecting with others</p> <p>To begin to understand what connecting with others means with a focus on how I can have fun spending time with my friends in school</p> <p>To be able to participate in learning how to play a new game with my friends (e.g., playing hide and seek)</p> <p>To be able to indicate how playing with my friends makes me feel</p> <p>To be able to ask my friends to play with me and to know how to respond when they ask me</p>
4	Weather & Climate		Caring for Animals		Buildings	
Connect wellbeing	<p>Embracing the moment</p> <p>To begin to learn how I can embrace the moment with a focus on increasing my sensory awareness through mindful smelling</p> <p>To be able to know what the 5 senses are</p>	<p>Exercise</p> <p>To begin to develop an understanding that there are different sporting activities for different times of the year</p> <p>To begin to be able to select clothing needed for winter outdoor exercise activities</p> <p>To be familiar with knowing that there are different sporting activities for different times of the year</p>	<p>Challenging yourself</p> <p>To begin to understand what it means to challenge myself with a focus on being brave and trying something new</p> <p>To be able to learn a new dance/ song or drama routine</p> <p>To be able to perform the dance/ song or drama routine to parents or to the rest of the school</p>	<p>Giving to others</p> <p>To begin to understand what giving to others means with a focus on giving to (caring for) animals</p> <p>To be able to identify how animals can be kind to each other</p> <p>To be able to notice when animals like/ do not like what we are doing to them</p> <p>To be able to understand that how we care for animals depends on how their needs change over time</p>	<p>Self-care</p> <p>To begin to understand what self-care means with a focus on keeping myself safe</p> <p>To begin to be able to identify harmful (unsafe) items, substances and situations in the home, in the community and around the school building</p> <p>To begin to be able to remember some rules to help keep me safe</p>	<p>Connecting with others</p> <p>To begin to learn what I can do to connect to others with kindness</p> <p>To be able to decide what is kind and unkind</p> <p>To be able to follow the class friendship code to be a good friend</p> <p>To be able to demonstrate several friendly behaviours, including initiating and responding to greetings</p>

KEY STAGE 3 (11-14 years)						
	AUTUMN		SPRING		SUMMER	
1	Caring For Plants		Travel & Transport		Farms & Farming	
Connect wellbeing	<p>Embracing the moment</p> <p>To begin to learn how I can embrace the moment with a focus on increasing my sensory awareness of nature and the great outdoors</p> <p>To be able to notice what a nature item, looks like, its texture, its smell and how it feels</p> <p>To be able to use some describing words (attributes) for nature items</p> <p>To be able to notice items on a nature walk</p>	<p>Exercise</p> <p>To begin to be able to move my body in different ways, with a focus on knowing that gardening can be a type of exercise</p> <p>To be able to indicate how I feel after exercise (if I am happy or sad/ hungry or thirsty/ If I need a snack or a drink)</p>	<p>Challenging yourself</p> <p>To begin to understand what it means to challenge myself with a focus on how I can be brave</p> <p>To begin to be able to choose if the safe choice is to be brave, or not brave</p> <p>To be able to make brave and safe choices</p> <p>To be able to work towards being brave and conquering my fears when I am in school</p>	<p>Connecting to others</p> <p>To begin to learn what I can do to connect to others with kindness</p> <p>To be able to decide what is kind and unkind</p> <p>To be able to demonstrate several kind behaviours, including initiating and responding to greetings and asking someone to play with me</p> <p>To be able to identify how I feel when someone is kind/ unkind to me</p>	<p>Self-care</p> <p>To begin to understand what self-care means with a focus on looking after myself physically</p> <p>To begin to learn ways to look after my body by keeping it clean (personal hygiene), with a focus on brushing teeth</p>	<p>Giving to others</p> <p>To begin to understand what giving to others means with a focus on sharing</p> <p>To be able to share with my friends</p> <p>To be able to understand how others feel when I share with them</p> <p>To be able to understand how sharing makes me feel</p>
2	Looking After Our World		Light & Dark (inc. Electricity)		Changes	
Connect wellbeing	<p>Giving to others</p> <p>To begin to understand what giving to others means with a focus on helping the planet (looking after our world)</p> <p>To begin to understand 6 different areas where we can help our planet (traveling in environmentally friendly ways, recycling, saving household energy, saving water, putting rubbish in the bin, looking after our wildlife)</p> <p>To be able to spot any rubbish around the school, playground and in the community and to know what to do with it</p>	<p>Embracing the moment</p> <p>To begin to learn how I can embrace the moment with a focus on being grateful and thankful for the things in my life</p> <p>To be able to indicate what I am grateful for</p> <p>To be able to say "thank you" using a preferred mode of communication</p>	<p>Exercise</p> <p>To begin to be able to move my body in different ways, with a focus on yoga</p> <p>To be able to indicate how I feel after exercise (if I am happy or sad/ hungry or thirsty/ If I need a snack or a drink)</p> <p>To begin to be able to understand which activities are exercise and which are not and to know that yoga is a type of exercise</p> <p>To begin to understand that exercise is important because it keeps us healthy</p>	<p>Connecting to others</p> <p>To begin to learn what I can do to connect with others by being a good friend</p> <p>To be able to recognize different types of teasing and bullying</p> <p>To be able to learn what I can do if I am being bullied or if I see someone else being bullied</p>	<p>Self-care</p> <p>To begin to understand what self-care means with a focus on looking after myself emotionally</p> <p>To begin to understand that there are times in our life when we need to look after ourselves more and that certain relaxing activities can help us cope with difficult times.</p> <p>To take part in a relaxing activity- using hand cream</p> <p>To be able to communicate how engaging in a relaxation activity makes me feel</p>	<p>Challenging yourself</p> <p>To begin to understand what it means to act with courage</p> <p>To be able to participate in activities that require me to step outside of "my comfort zone"</p> <p>To know that I can practice (persevere) to get better at something or achieve my goals</p>

	Making Things		Healthy Eating / Lifestyles		Finding Our Way Around	
Connect wellbeing	<p>Challenging yourself</p> <p>To begin to understand what it means to challenge myself with a focus on how I can learn a new hobby</p> <p>To have a willingness to try a new hobby that I may not be familiar with</p>	<p>Giving to others</p> <p>To begin to understand what giving to others means with a focus on being kind to others</p> <p>To be able to demonstrate simple acts of kindness, including making a picture or a craft item for a special person</p> <p>To know to say “thank you” when someone is kind to me</p>	<p>Self-care</p> <p>To begin to understand what self-care means with a focus on healthy eating</p> <p>To be able to identify healthy snacks and unhealthy snacks</p> <p>To be able to indicate what my favourite healthy/ unhealthy snacks are</p> <p>To be able to choose fruits to make a smoothie to drink</p> <p>To try drinking a new smoothie creation that I haven’t tried before</p>	<p>Exercise</p> <p>To begin to be able to understand the importance of being physically active</p> <p>To understand that being physically active is important across the lifespan</p> <p>To know how exercise makes me feel</p> <p>To be able to choose some low energy forms of exercise that I like to do</p>	<p>Connecting with others</p> <p>To begin to learn what I can do to connect with others by asking questions and giving information</p> <p>To be able to give information (“telling”) in different situations in school and in the community</p> <p>To be able to get information (“asking”) in different situations in school and in the community</p>	<p>Embracing the moment</p> <p>To begin to learn how I can embrace the moment with a focus on increasing my sensory awareness around tasting food</p> <p>To begin to be able to savour every mouthful of my food</p> <p>To be able to notice what the food looks like, its texture, its smell and how the food tastes</p> <p>To be able to use some describing words (attributes) around food</p>

