



Whitefield Infant School and Nursery
PSHE Scheme of Learning



Our P.S.H.E, Health Education and Relationship Education Curriculum



KS1 National Curriculum- PSHE, Health Education and Relationships Education (RSE)		
Personal, Social, Health and Economic (PSHE)	Physical Health and Mental Wellbeing	Relationships Education (RSE)
The Programme of Study for Personal, Social, Health and Economic (PSHE) education has three core themes: • Theme 1: Health & Wellbeing (covering Healthy Lifestyles, Mental health, Ourselves Growing and Changing, Keeping Safe, Safety) • Theme 2: Relationships (covering Families and close positive relationships, Friendships, Managing hurtful behaviour and bullying, Safe Relationships, Respecting Self and others) • Theme 3: Living in the Wider World (covering Shared Responsibilities, Communities, Media Literacy and digital resilience, Economic well-being (Money), Economic wellbeing: Aspirations, work and career) At Whitefield Infant School, we cover all three of these strands and although PSHE is taught as a discreet subject, there are many cross-curricular links across our wider curriculum.	The focus in primary school should be on teaching the characteristics of good physical health and mental wellbeing. Mental wellbeing is a normal part of daily life, in the same way as physical health. Teaching of physical health and mental wellbeing covers the following topics: • Topic 1: Mental wellbeing • Topic 2: Internet safety and harms • Topic 3: Physical health and fitness • Topic 4: Healthy eating • Topic 5: Drugs, alcohol and tobacco • Topic 6: Health and prevention • Topic 7: Basic first aid • Topic 8: Changing adolescent body	The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. Teaching of RSE covers the following topics: • Topic 1: Families and people who care for me • Topic 2: Caring friendships • Topic 3: Respectful relationships • Topic 4: Online relationships • Topic 5: Being safe
See our school's detailed 'coverage' documents to see in detail how each theme/ topic within each area is covered across school.		

Year 2- Autumn 1

PSHE, Health Education and Relationships Education

Prior Knowledge: Year 1: Children will be able to identify healthy food and lifestyle choices in everyday life. The children will have worked collaboratively to produce a set of class rules and will be able to demonstrate an understanding of why we have rules.	National Curriculum Coverage: PSHE area of focus: Health and Well-Being (covering Healthy Lifestyles, Mental health, Ourselves Growing and Changing, Keeping Safe, Safety) H1, H2, H3, H4, H5, H6, H10, H11, H12, H13, H14, H17, H18, H19, H21, H22, H31, H35, H3	Vital Vocabulary: Relationships, friendships, rules, boundaries, healthy eating, healthy lifestyles, exercise, feelings, body, senses, healthy, lifestyle, emotions appropriate, exercise, hygiene, boundaries, respect	Texts to support: Big Bad Owl- Steve Smallman Scaredy Squirrel- Melaine Watt Manfred the Baddie- Fardell Guided reading texts about healthy eating Texts in Science area of the library about healthy eating
--	--	---	--

PSHE

Discreet Lessons:

PSHE Association- Personal Identity (self-worth/ feelings) <https://pshe-association.org.uk/resource/personal-identity-ks2-lesson-pack>

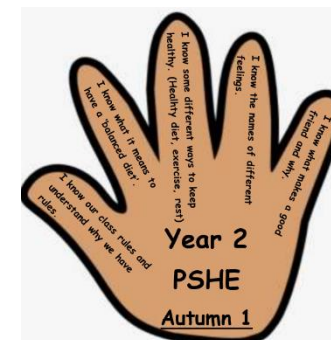
PSHE Association- Healthy Eating/ Balanced diet <https://pshe-association.org.uk/resource/health-education-ks1-2>

Cross Curricular Opportunities:

PE, Science and English will be the main drivers.

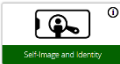
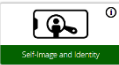
- Children will spend time settling into their new classes, building relationships with their peers and teachers and setting class rules. Children will talk about why we have rules in class/ school and what would happen if we had no rules in school.
- Through setting class rules at the start of the year children will talk about how to keep safe in school and what to do if someone has an accident or gets hurt.
- Through Science and PE children will learn about their bodies, healthy foods and different ways to keep healthy. They will discuss why sleep is important and recognise the importance of taking a break from TV/ devices.
- Through the core texts 'Big Bad Owl', 'Scaredy Squirrel' and 'Manfred the Baddie' children will talk about different feelings people can experience. Children will recognise and name different feelings and recognise how someone else is feeling.
- Using the core texts they will think about how actions can affect people's feelings, how feelings can make someone behave and find strategies to manage big feelings, including ways to calm themselves down when they don't feel good.
- Children will talk about what makes them and others feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep).

End Points: Through core texts, children will be able to identify a variety of feelings that people may have and relate it to their own feelings. The children will identify what is a balanced diet and be able to talk about the importance of a healthy diet, exercise, rest and play.

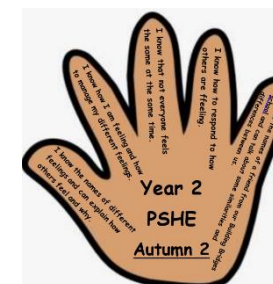


Physical Health and Mental Well-Being

Whitefield Infant School and Nursery PSHE Scheme of Learning

Mental wellbeing	Children will learn that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. Children will be able to place their emotions on a scale and talk about their feelings. Children will use different scenarios give to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
Internet safety and harms	Project Evolve- Self Image and Identity 
Physical health and fitness	All children take part in weekly PE sessions. They will talk about the mental and physical benefits of an active lifestyle. They will consider how to build in opportunities for regular exercise into daily and weekly routines (Eg. walking or cycling to school, a daily fitness video). They will think about the risks associated with an inactive lifestyle (including obesity) and know who to speak to if they are worried about their health.
Healthy eating	Through their Science topic, Animals including humans, children will learn about what constitutes a healthy diet. They will have a choice from three healthy meals daily and have a healthy snack each day. The children will think about how a poor diet can lead to risks with health (including, for example, obesity and tooth decay).
Drugs, alcohol and tobacco	PSHE Association- Drugs and Alcohol https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4
Health and prevention	Children will be reminded of our school's policy on hand washing when they come into school, before eating and after going to the toilet. In Science children will carry out an investigation to find out about the effects of hygiene when preparing food. PSHE Association- Hygiene https://pshe-association.org.uk/resource/lifebuoy-soaper-heroes
Basic first aid	At the start of year 2 the children will be reminded and taught about how to behave safely around school, the dinner hall, the playground and the forest school. They will be made aware of the procedures in place to keep them safe and they are taught what to do if someone has an accident.
Changing adolescent body	Linked to their Science topic about Humans, children will learn about body parts and their functions. Any questions the children ask about their or another body will be answered. This may occur during science, art or a story time for example.
Relationships Education (RSE)	
Families and people who care for me	Through stories, children will learn about the characteristics of a healthy family life. They will talk about their own families and make comparisons. They will think about the importance of spending time together and sharing each other's lives. In History children will learn about Learie Constantine and his family and the challenges they faced when coming to England. PSHE Association- Families https://pshe-association.org.uk/resource/families-lesson-packs
Caring friendships	When starting a new class children will develop new friendships and continue to build on friendships formed in Year 1. They will talk about how important friendships are in making us feel happy and secure, and how people choose and make friends. They will talk about the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. 'Friendship' will be a core theme in Collective Worship this half term.
Respectful relationships	Through our focus school value of respect this half term, children will consider that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. Children will think about how we show respect to one another around school, including the conventions of courtesy and manners.
Online relationships	Project Evolve- Self Image and Identity 
Being safe	Linked to developing friendships in their new class, children will think about what sorts of boundaries are appropriate in friendships with peers and others (Eg. Personal space, space on the carpet, when lining up, keeping hands to self, space when using the bathroom etc.).

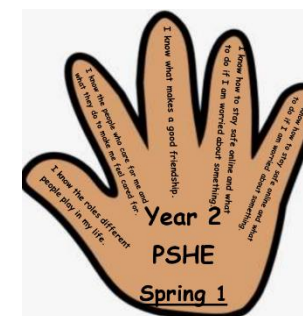
Year 2- Autumn 2			
PSHE, Health Education and Relationships Education			
Prior Knowledge: Year 1: Children will understand what makes a good friend. They will recognise and show an understanding of how their behaviour affects others. They will have talked about their feelings.	National Curriculum Coverage: PSHE area of focus: Relationships (covering Families and close positive relationships, Friendships, Managing hurtful behaviour and bullying, Safe Relationships, Respecting Self and others) R2, R6, R7, R9, R10, R11, R12, R15	Vital Vocabulary: Feelings, empathy, sensitive, anti-bullying, hurtful, change, loss, death, groups of people, similarities, differences, healthy lifestyle, healthy eating, immunisation, vaccination, safety, first aid	Texts to support: The Lonely Beast- Chris Judge The Great Explorer- Chris Judge Non-fiction texts about Captain Robert Scott (see guided reading books)
PSHE			
Discreet Lessons: PSHE Association- Personal Identity (self-worth/ feelings) https://pshe-association.org.uk/resource/personal-identity-ks2-lesson-pack PSHE Association- Inclusion (linked to Building Bridges Project) https://pshe-association.org.uk/resource/inclusion-belonging-addressing-extremism-ks1-2			
Cross Curricular Opportunities: English and DT will be the main drivers this half term. - The children will recognise how them and others are feelings and how not everyone feels the same all the time. - Children will be able to talk about their own feelings and know simple strategies to manage their feelings. - Using the core texts children will be able to talk about how the characters are feeling and different parts of the story and link this to their own feelings. - The children will talk about how Captain Robert Scott felt at different points during his expedition and empathise with how his family felt. Children could add feeling words to their timelines in History. - Children will identify some ways to respond sensitively to how others are feeling. - Linked to anti-bullying week in November, children will discuss how hurtful behaviour can affect someone. They will be taught about our school's policy on bullying, how to report it, who to tell and how to manage their feelings. - Linked to Remembrance Day children will talk about change and loss (including death), they will identify feelings associated with this and recognise what helps people to feel better. - Linked to 'Building Bridges' children will meet their partners from schools in the local area. They will learn from each other and share experiences. They will think about the different groups they belong to and recognise the ways people are the same and different.			
End Points: The children will discuss the feelings of people (including characters in stories) and relate these to their own feelings. The children will build relationships with their friends from local schools (Building Bridges).			
Physical Health and Mental Well-Being			



Whitefield Infant School and Nursery PSHE Scheme of Learning

Mental wellbeing	During anti-bullying week children will learn that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. They will learn our school's policy on bullying in terms of how to report it and who to tell.
Internet safety and harms	Project Evolve- Online Relationships and Online Bullying  
Physical health and fitness	All children take part in weekly PE sessions. They will talk about the mental and physical benefits of an active lifestyle. They will consider how to build in opportunities for regular exercise into daily and weekly routines (Eg. walking or cycling to school, a daily fitness video). They will think about the risks associated with an inactive lifestyle (including obesity) and know who to speak to if they are worried about their health.
Healthy eating	Children will learn about what constitutes a healthy diet. They will have a choice from three healthy meals daily and have a healthy snack each day. The children will think about how a poor diet can lead to risks with health (including, for example, obesity and tooth decay). In DT children will taste test foods, design and make a healthy sandwich for an explorer.
Drugs, alcohol and tobacco	PSHE Association- Drugs and Alcohol https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4
Health and prevention	This half term children will receive their flu vaccination if their parents wish them to. Linked to this children will learn the facts and science relating to allergies, immunisation and vaccination. They will discuss the benefits of these and personal choice around this topic.
Basic first aid	Children will be told about the roles of different adults in school, who to go to if they are hurt and what to do if someone has an accident. Linked to school visit to the Outdoor Elements children will be taught about keeping safe on visits and what to do if they have an accident. When reading 'The Great Explorer' children will think about concepts of basic first-aid, for example when Tom's Dad fell and injured himself- what could he do?
Changing adolescent body	Any questions the children ask about their or another body will be answered. This may occur during an art lesson or a story time for example.
Relationships Education (RSE)	
Families and people who care for me	Core texts will be used this half term to consider families and different family dynamics. Children will think about how sometimes other people's families look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. PSHE Association- Families https://pshe-association.org.uk/resource/families-lesson-packs
Caring friendships	Children will think about how important friendships are in making us feel happy and secure, and how people choose and make friends. They will talk about the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. They will link this to the core text 'The Lonely Beast' and how the people treated him kindly.
Respectful relationships	Linked to anti-bullying week children will learn about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help when needed. Children will continue to build respectful relationships from the children at their partner school as part of Building Bridges.
Online relationships	Project Evolve- Online Relationships and Online Bullying  
Being safe	Children will consider how to respond safely and appropriately to adults they may encounter, whom they do not know. They will link this to Tom going to find his dad and the Lonely Beast meeting new people in their core texts.

Year 2- Spring 1			
PSHE, Health Education and Relationships Education			
Prior Knowledge: Year 1: Children will understand what makes a good friend. They will recognise and show an understanding of how their behaviour affects others and learn simple strategies for resolving disagreements between friends.	National Curriculum Coverage: PSHE area of focus: Relationships (covering Families and close positive relationships, Friendships, Managing hurtful behaviour and bullying, Safe Relationships, Respecting Self and others) R1, R2, R4, R6, R8, R11, R17, R18	Vital Vocabulary: Role, responsibilities, family, friends, friendship, relationships, conflicts, resolve, actions, secrets, privacy, dental hygiene, healthy eating, healthy lifestyle,	Texts to support: Mr Wolf and the Three Bears- Jan Fearnley Mr Wolf's Pancakes- Jan Fearnley Goldilocks and the Three Bears Give us a smile Cinderella- Steve Smallman
PSHE			
Discreet Lessons: PSHE Association- Personal Identity (self-worth/ feelings/ friendship) https://pshe-association.org.uk/resource/personal-identity-ks2-lesson-pack			
Cross Curricular Opportunities: English will be the main drivers this half term. - Children will learn about the roles different people (e.g. acquaintances, friends and relatives) play in our lives. - They will identify the people who love and care for them and what they do to help them feel cared for. - They will explore this using the core text 'Mr Wolf and the Three Bears' considering the relationship between Mr Wolf and his Grandma, and the family the three bears. - They will think about how people make friends and what makes a good friendship. They will use the character of Goldilocks in the story to compare characteristics of a good friend and a bad friend. - They will learn some simple strategies to resolve arguments between friends positively. Children will talk about how Mr Wolf dealt with the situation with Goldilocks spoiling the party. - Using the character of Goldilocks children will think about how someone's behaviour can affect others feelings and actions. - Linked to the surprise party for Baby bear children will talk about keeping secrets (happy surprises) and consider the importance of not keeping adults' secrets.			
End Points: Children will be able to identify the differing roles the characters in the story played and how their actions affected others (good ways and bad).			
Physical Health and Mental Well-Being			



Whitefield Infant School and Nursery PSHE Scheme of Learning

Mental wellbeing	Children will talk about the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. They will link this to their Geography field work learning by getting out into the community.
Internet safety and harms	Project Evolve- Privacy and Security 
Physical health and fitness	All children take part in weekly PE sessions. They will talk about the mental and physical benefits of an active lifestyle. They will consider how to build in opportunities for regular exercise into daily and weekly routines (Eg. walking or cycling to school, a daily fitness video). They will think about the risks associated with an inactive lifestyle (including obesity) and know who to speak to if they are worried about their health.
Healthy eating	Children will learn about what constitutes a healthy diet. They will have a choice from three healthy meals daily and have a healthy snack each day. The children will think about how a poor diet can lead to risks with health (including, for example, obesity and tooth decay).
Drugs, alcohol and tobacco	PSHE Association- Drugs and Alcohol https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4
Health and prevention	Children will be taught about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentists. They will learn about the risks of poor diet on tooth decay and the foods to avoid/ have in moderation. Children will take responsibility for their own dental hygiene routines and rules. PSHE Association- Dental Health https://pshe-association.org.uk/resource/dental-health-ks1-2
Basic first aid	Children will learn the simple concepts of basic first-aid, for example dealing with common injuries, including head injuries. Children will know who to go to if them or their friend is injured.
Changing adolescent body	Any questions the children ask about their or another body will be answered. This may occur during an art lesson or a story time for example.
Relationships Education (RSE)	
Families and people who care for me	Children will learn that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. Children will learn about the term 'security' and talk about who and what makes them feel safe and secure. PSHE Association- Families https://pshe-association.org.uk/resource/families-lesson-packs
Caring friendships	Children will learn that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Children will understand what the terms lonely and excluded mean and think about ways to ensure no one in class feels lonely. As Year 2's they will take responsibility on the playground to ensure no younger children feel lonely or excluded by encouraging them to join in with games etc.
Respectful relationships	Linked to the story 'Mr Wolf and the Three Bears' children will explore the character of Goldilocks. They will learn how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
Online relationships-	Project Evolve- Privacy and Security 
Being safe	Children will learn about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. They will link this to Mr Wolf keeping the party a secret and explore how happy surprises are different from keeping secrets for adults if it relates to their safety.

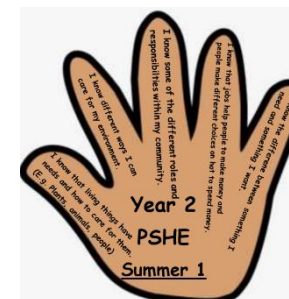
Year 2- Spring 2 PSHE, Health Education and Relationships Education			
Prior Knowledge: Year 1: Children will understand the roles of people in their community, and how they can contribute to the roles and responsibilities within their community.	National Curriculum Coverage: PSHE area of focus: Living in the wider world (covering Shared Responsibilities, Communities, Media Literacy and digital resilience, Economic well-being (Money), Economic wellbeing: Aspirations, work and career) L2, L3, L7, L8, L9	Vital Vocabulary: Living things, respect, responsibility, care, environment, local area, good citizen, friendships, groups, differences, isolation, loneliness, healthy eating, healthy lifestyles, dental hygiene, fire service, emergency services, first aid	Texts to support: 10 things I can do to help my world- Melanie Walsh If all the world were... - Joseph Coelho See non-fiction texts in Science area of library about caring for plants/ environment
PSHE			
Discreet Lessons: PSHE Association- Caring for the environment https://pshe-association.org.uk/resource/environment-agency-caring-for-environment			
Cross Curricular opportunities: English, Science and Geography will be the main drivers this half term. - Through Science children will be taught how people and other living things have different needs and will learn about the responsibilities of caring for them. - The children will take responsibility in our school environment to care for our school grounds, gardens and forest school, including the living things that live there. - They will build on learning from Year 1 around their responsibility in looking after the environment and the part they play in their community. - Within their community they will consider the different groups they belong to. - They will continue to build relationships with friends from their partner school (Building Bridges) and celebrate each other's differences. - Children will learn about how the internet and digital devices can be used safely to find things out and to communicate with others (link with English and research on the internet about the Great Fire of London). - Children will be taught that not all information seen online is true.			
End Points: Children will understand that all living creatures have needs and that they (the children) have a responsibility to look after their local environment. They will understand safe practice when using the internet, particularly when researching online and what to do if they are worried or upset by something they have seen.			
Physical Health and Mental Well-Being			



Whitefield Infant School and Nursery PSHE Scheme of Learning

Mental wellbeing	Through storytelling and exploring different characters, children will discuss how isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. They will understand the terms isolation and loneliness and consider ways to stop anyone in school feeling that way by finding strategies to make everyone feel included.
Internet safety and harms	Project Evolve- Health, Well-Being and Lifestyle  
Physical health and fitness	All children take part in weekly PE sessions. They will talk about the mental and physical benefits of an active lifestyle. They will consider how to build in opportunities for regular exercise into daily and weekly routines (Eg. walking or cycling to school, a daily fitness video). They will think about the risks associated with an inactive lifestyle (including obesity) and know who to speak to if they are worried about their health.
Healthy eating	Children will learn about what constitutes a healthy diet. They will have a choice from three healthy meals daily and have a healthy snack each day. The children will think about how a poor diet can lead to risks with health (including, for example, obesity and tooth decay).
Drugs, alcohol and tobacco	PSHE Association- Drugs and Alcohol https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4
Health and prevention	Children will be taught about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentists. They will learn about the risks of poor diet on tooth decay and the foods to avoid/ have in moderation. Children will take responsibility for their own dental hygiene routines and rules. PSHE Association- Dental Health https://pshe-association.org.uk/resource/dental-health-ks1-2
Basic first aid	Children will know how to make a clear and efficient call to emergency services if necessary. This will be linked to children's learning about the great fire of London. Through role-play and drama children will practise making an emergency call and will consider the information the emergency services would need. Nelson Fire Station will come in to do a fire safety talk for Year 2.
Changing adolescent body	Any questions the children ask about their or another body will be answered. This may occur during an art lesson or a story time for example.
Relationships Education (RSE)	
Families and people who care for me	Children will learn that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. Children will learn about the term 'security' and talk about who and what makes them feel safe and secure. PSHE Association- Families https://pshe-association.org.uk/resource/families-lesson-packs
Caring friendships	Children will understand that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. Children will learn strategies for resolving conflicts with friends.
Respectful relationships	Linked to the above, children will learn practical steps they can take in a range of different contexts to improve or support respectful relationships and resolving arguments between friends.
Online relationships	Project Evolve- Health, Well-Being and Lifestyle  
Being safe	Through their topic about the Great Fire of London and their visit from Nelson Fire Station children will learn about safety in the home, specifically fire safety. Children will create a 'fire plan' with their family and know what to do in case of an emergency. Children will know that the emergency services are there to help us in an emergency and will know how to contact them.

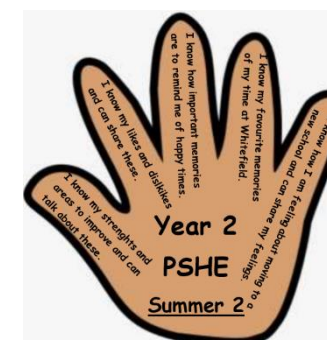
Year 2- Summer 1			
PSHE, Health Education and Relationships Education			
Prior Knowledge: Year 1: Children will understand that everyone has different strengths and they will learn about the different roles and occupations in the community.	National Curriculum Coverage: PSHE area of focus: Living in the wider world (covering Shared Responsibilities, Communities, Media Literacy and digital resilience, Economic well-being (Money), Economic wellbeing: Aspirations, work and career) L2, L3, L4, L5, L6, L10, L11, L12, L13	Vital Vocabulary: Living things, respect, responsibility, care, environment, local area, good citizen, enterprise, money, want, need, occupation, job, role, earn, wages, essential, prioritise	Texts to support: Me and my world- In Every House on Every Street- Jess Hitchman Belonging- Jeanne Baker
PSHE			
Discreet Lessons: PSHE Association- Money https://pshe-association.org.uk/resource/experian-values-money-me			
Cross Curricular opportunities: Science, Geography and DT will be the main drivers this half term, as well as participation in our Building Bridges project. - Through Science learning about plants children will learn how people and other living things have different needs and about our responsibilities of caring for them and looking after our school gardens and forest school. - Through participating in an enterprise project in class children will work together to raise money for their class, once the money is raised they will choose an item for their room within their budget. - From the enterprise project children will gain an understanding what money is, forms that money come in and that money comes from different sources. - Children will understand that people make different choices about how to save and spend money and about the difference between 'needs' and 'wants'. - Children will be taught that sometimes people may not always be able to have the things they want, but have to prioritise the things that are 'essential'. - Through participating in Building Bridges, children will gain an understanding of the different groups they belong to and will recognise the ways they are the same and different to other people.			
End Points: The children will have an understanding of the value of money and will make choices on what to buy that would benefit our school environment. The children will be able to describe how it feels to be a member of a group/community and understand that all communities have rights and responsibilities that should be respected.			
Physical Health and Mental Well-Being			



Whitefield Infant School and Nursery PSHE Scheme of Learning

Mental wellbeing	Children will be taught strategies for how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's feelings. Children will be taught that it is common for people to experience mental health problems and that not everyone feels the same all the time.
Internet safety and harms	Project Evolve- Copyright and Ownership and Managing  
Physical health and fitness	All children take part in weekly PE sessions. They will talk about the mental and physical benefits of an active lifestyle. They will consider how to build in opportunities for regular exercise into daily and weekly routines (Eg. walking or cycling to school, a daily fitness video). They will think about the risks associated with an inactive lifestyle (including obesity) and know who to speak to if they are worried about their health.
Healthy eating	Children will learn about what constitutes a healthy diet (including understanding calories, and other nutritional content). Children will collect fruit and vegetables grown in our school gardens and use them to prepare food to make a hot snack. The children will learn about the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay).
Drugs, alcohol and tobacco	PSHE Association- Drugs and Alcohol https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4
Health and prevention	Linked to preparing fruit and vegetables to make a hot snack children will talk about the importance of hygiene when preparing food and what might happen if we don't wash our hands. In preparation for SATs children will be taught about the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. PSHE Association- The Sleep Factor https://pshe-association.org.uk/resource/the-sleep-factor-ks1-2
Basic first aid	Children will learn the simple concepts of basic first-aid, for example dealing with common injuries, including head injuries. Children will know who to go to if them or their friend is injured.
Changing adolescent body	Any questions the children ask about their or another body will be answered. This may occur during an art lesson or a story time for example.
Relationships Education (RSE)	
Families and people who care for me	Children will learn how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. They will know a trusted adult they can speak to if they are worried. PSHE Association- Families https://pshe-association.org.uk/resource/families-lesson-packs
Caring friendships	Children will learn about how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
Respectful relationships	As part of Building Bridges children will work with paired school to continue to build relationships and show mutual respect for people of different cultures and religions. Children will learn what is meant by the term 'stereotype', and how stereotypes can be unfair, negative or destructive.
Online relationships	Project Evolve- Copyright and Ownership and Managing  
Being safe	Children will learn about how to recognise and report feelings of being unsafe or feeling bad about any adult. Children will know how to ask for advice or help for themselves or others, and to keep trying until they are heard. Children will know a trusted adult who they can talk to.

Year 2- Summer 2 PSHE, Health Education and Relationships Education			
Prior Knowledge: Year 1: Children will recognise that they are all special and unique and will celebrate their strengths.	National Curriculum Coverage: PSHE area of focus: Health and Well-Being (covering Healthy Lifestyles, Mental health, Ourselves Growing and Changing, Keeping Safe, Safety) H8, H16, H18, H19, H23	Vital Vocabulary: Special, unique, celebrate, differences, hobbies, interests, achievements, likes, dislikes, enjoy, transition, change, move, growth, feelings, memories	Texts to support: Only One You- Kranz Incredible You- Rhys Brisenden What makes me me?- Ben Faulks The Lion Inside- Rachael Bright The Same but Different- Molly Potter
PSHE			
Discreet Lessons: PSHE Association- Personal Identity https://pshe-association.org.uk/resource/personal-identity-ks2-lesson-pack			
Cross Curricular opportunities: Transition to the junior school will be the main focus of teaching this half term. - Children will talk about what makes them special and unique. - Children will recognise the ways in which we are all unique and celebrate each other's differences. - Children will talk about how boring their class would be if everyone was the same and good at the same things. - Children will share their hobbies and interest. - Children will identify what they are good at, what they like and dislike. - Children will think about their achievements this year, - Children will take part in transition and preparation for moving to the junior school. - Linked to transition children will talk about change, they will identify feelings associated with this and recognise what helps people to feel better.			
End Points: Children will be able to articulate their memories of their time at Whitefield and talk about what they have enjoyed and their strengths. Children will be able to share how they feel about moving to a new school and meeting new teachers and will learn strategies for how to manage those feelings.			
Physical Health and Mental Well-Being			



Whitefield Infant School and Nursery PSHE Scheme of Learning

Mental wellbeing	Children will be taught strategies for how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's feelings. Children will be taught that it is common for people to experience mental health problems and that not everyone feels the same all the time.
Internet safety and harms	Project Evolve resources will be used to consolidate online safety learning from this year. Classes will talk about keeping safe online over the summer holidays and who to talk to if they are worried about their safety online.
Physical health and fitness	All children take part in weekly PE sessions. They will talk about the mental and physical benefits of an active lifestyle. They will consider how to build in opportunities for regular exercise into daily and weekly routines (Eg. walking or cycling to school, a daily fitness video). They will think about the risks associated with an inactive lifestyle (including obesity) and know who to speak to if they are worried about their health.
Healthy eating	Children will learn about what constitutes a healthy diet (including understanding calories, and other nutritional content). Children will collect fruit and vegetables grown in our school gardens and use them to prepare food to make a hot snack. The children will learn about the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay).
Drugs, alcohol and tobacco	PSHE Association- Drugs and Alcohol https://pshe-association.org.uk/resource/drugs-alcohol-education-ks1-4
Health and prevention	Children will learn about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. They will be able to list the precautions we take in summer to protect our skin eg. Sun cream, sun hat, sunglasses. The children will learn about what might happen if we don't take these precautions (burnt skin, tiredness, heat stroke, headaches etc.). PSHE Association- Sun Safety https://pshe-association.org.uk/resource/sun-safety-lesson-packs
Basic first aid	In preparation for the summer holidays, children will learn the simple concepts of basic first-aid, for example dealing with common injuries, including head injuries. Children will know who to go to if them or their friend is injured.
Changing adolescent body	Any questions the children ask about their or another body will be answered. This may occur during an art lesson or a story time for example.
Relationships Education (RSE)	
Families and people who care for me	Children will talk about their experiences of family weddings. They will understand that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. Children will discuss this through sharing stories. PSHE Association- Families https://pshe-association.org.uk/resource/families-lesson-packs
Caring friendships	Children will reflect on the friendships they have made during their time at Whitefield. They will reflect on what makes a good friend and talk about how they are going to care for each other at the junior school.
Respectful relationships	Children will learn about the term 'self-respect' and the importance of self-respect. They will consider how this links to their own happiness. Linked with transition/ moving to a new class children will talk about their achievements this year and what they are most proud of. They will talk about their strengths. Teachers to model talking confidently and positively about themselves.
Online relationships	Project Evolve resources will be used to consolidate online safety learning from this year. Classes will talk about keeping safe online over the summer holidays and who to talk to if they are worried about their safety online.
Being safe	In preparation for the summer holidays children will be taught about being safe outdoors, being safe on days out with family and friends and who to ask for help if needed. (eg. An adult always knowing where they are, staying with an adult, holding hands crossing roads, safety near water etc.). PSHE Association- Being safe at home https://pshe-association.org.uk/resource/keeping-safe-at-home-lessons