

CHARLES DARWIN COMMUNITY PRIMARY SCHOOL PSHCE CURRICULUM						Year Reception	
Term	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	
My Happy Mind							
Unit	Meet Your Brain		Relate		Engage		
Children at the expected level of development will:	<p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;</p> <p>Work and play cooperatively and take turns with others</p>		<p>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly;</p> <p>Form positive attachments to adults and friendships with peers;</p> <p>Show sensitivity to their own and to others' needs.</p>		<p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;</p> <p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge</p>		
Lessons	<p>See themselves as a valuable individual. (Celebrate)</p> <p>Build constructive and respectful relationships. (Relate)</p> <p>Express their feelings and consider the feelings of others. (Meet Your Brain, Relate)</p> <p>Show resilience and perseverance in the face of challenge. (Engage)</p> <p>Identify and moderate their own feelings socially and emotionally. (Meet Your Brain)</p> <p>Think about the perspectives of others. (Relate)</p> <p>Manage their own needs: Personal hygiene.</p> <p>Know and talk about the different factors that support their overall health and well-being: regular physical activity</p> <ol style="list-style-type: none"> 1.healthy eating 2.toothbrushing 3.sensible amounts of 'screen time' 4.having a good sleep routine 5.being a safe pedestrian 						
NO OUTSIDERS							
TEXTS	You Choose by Nick Sharratt	Red Rockets and Rainbow Jelly by Sue Heap and Nick Sharratt	Blue Chameleon by Emily Gravett	The Family Book by Todd Parr	Mommy Mamma and Me by Leslea Newman and Carol Thompson		
KPI	to say what I think	to understand that it's	to make friends with someone different	to understand that all families are different	to celebrate my family		

		okay to like different things				
Personal, Social and Emotional Development						
From Development Matters	<p>Washing hands before snack time. eating plenty of fruits and vegetables. Provide regular reminders about thorough handwashing and toileting. Work with parents and health visitors or the school nurse to help children who are not usually clean and dry through the day. Talk with children about exercise, healthy eating and the importance of sleep. Use picture books and other resources to explain the importance of the different aspects of a healthy lifestyle. Explain to children and model how to travel safely in their local environment, including: staying on the pavement, holding hands and crossing the road when walking, stopping quickly when scootering and cycling, and being sensitive to other pedestrians.</p>					
ELG	<p>Manage their own needs. Know and talk about the different factors that support their overall health and wellbeing:</p> <ul style="list-style-type: none"> • regular physical activity • healthy eating • toothbrushing • sensible amounts of 'screen time' • having a good sleep routine • being a safe pedestrian 					
LIVING IN THE WIDER WORLD						
ASSEMBLIES and focus lessons	Fairtrade Fortnight Recycle week British Values European day of languages Black History Month Hello Yellow – World Mental Health	Firework Safety Anti-Bullying Week Inter-Faith week Remembrance UK Parliament week	Rail Safety Safer Internet Comic Relief	British Values World Book Day Children's Mental Health Week International Women's Day British Science Week Speak Out Stay Safe Neurodiversity week		World Environment day World Ocean day Sun Safety World Refugee Week
Charities	Jeans for Genes Hello Yellow		Comic Relief	NSPCC		
Religious Festivals	Yom Kippur Diwali	Advent Christmas	Chinese New Year	Ramadan Holi Eid Al Fitr Easter		Eid al Adha
No Outsiders and Protected Characteristics assembly		25.11.24 INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES				