

Personal Development Spring Term



Our PSHE Curriculum

EYFS - PSED

Nursery - To develop a sense of responsibility, start to play with one or more children.

Reception - To talk about their overall health and wellbeing and to explore resilience and challenges.

Topic: Dreams and Goals (2.1)

Year 1 - To set a goal and know how to achieve it.

Year 2 - To carry on trying even when things get difficult.

Year 3 - To identify an ambition important to them.

Year 4 - To understand that sometimes hopes and dreams do not come true.

Year 5 - To identify a job they would like to do when they grow up.

Year 6 - To know the learning steps needed to reach a goal and understand how to motivate them to work on these.

Our PSHE Curriculum

EYFS - PSED

Nursery - To talk with others to solve conflict and understand gradually how others feel.

Reception - To reflect on their own work and start to think about the perspective of others.

Topic: Healthy Me (2.2)

Year 1 - To understand the difference between being healthy and unhealthy.

Year 2 - To feel positive about caring for my body and keeping it healthy.

Year 3 - To understand how diet and exercise can affect the body.

Year 4 - To understand the facts about alcohol and smoking and the effects on health.

Year 5 - To understand the health and social risks of smoking and alcohol.

Year 6 - To take responsibility for their own health and make choices which benefit their health and wellbeing.



The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad	Happy	Worried	overjoyed/Elated
Bored	Focused	Frustrated	Panicked
Tired	Calm	Silly	Angry
Sick	Proud	Excited	Terrified

Assemblies

- Our Core Values (FARR)
- British Values (DR TIM)

Why not ask your child do they know these?

- Online Safety
- World Religions
- Careers Assembly
- British Science Week
- Work Book Day

Wider Curriculum

- Chinese New Year learning in EYFS
- Swimming Y4 (Starts Mon 13th Jan)
- Careers Day (Tues 4th Feb)
- Mental Health Week (3rd-9th Feb)
- Safer Internet Day (Tues 11th Feb)
- Western Approaches Y6 (Wed 5th March)
- World Book Day (Thurs 6th March)
- British Science Week (7th-16th March)
- Becca Buttons Y5, DT (17th-19th March)
- Healthy Habits - Y3 and 4

Zones of Regulation

In Spring term, our pupils are going to be introduced to the Zones of Regulation in their PSHE lessons.

Through this, they will learn about self-regulation and emotional control and how to manage their emotions.