

Personal Development Autumn Term



Our PSHE Curriculum - Autumn 1

EYFS - PSED

Children will explore the Mr Potato Head rules to understand right and wrong. They will learn the importance of having rules.

Topic: Being Me In My World

Year 1 - To learn about making responsible choices, understanding consequences, and creating a safe, supportive classroom environment.

Year 2 - To explore their hopes and fears for the year, share ideas about rewards and consequences, and help create a safe and fair classroom.

Year 3 - To learn to appreciate their uniqueness, understand their rights and responsibilities, and recognise the importance of rules in their community.

Year 4 - To learn how their attitudes and actions impact the community and understand the roles and responsibilities within their school's democratic environment.

Year 5 - To learn about their rights and responsibilities as citizens and how to participate in democracy to benefit their school community.

Year 6 - To learn to express their fears and worries about the future and understand that while all children have universal rights, many do not have these rights met.

Our PSHE Curriculum - Autumn 2

EYFS - PSED

Children will explore the cultural significance of Diwali, learning about its traditions, stories, and celebrations.

Topic: Celebrating Difference

Year 1 - To learn to recognise similarities with others, understand the importance of kindness, and know who to talk to if they feel unhappy or experience bullying.

Year 2 - To begin to understand gender stereotypes, recognise differences between themselves and others, and celebrate what makes everyone unique.

Year 3 - To learn about different family structures, understand bullying and its impact, and explore strategies to resolve conflicts.

Year 4 - To learn about prejudice, its effects, and how to recognize and respond to hidden bullying.

Year 5 - To begin to understand different cultures, the causes of conflict, what racism is, and the difference between direct and indirect bullying.

Year 6 - To learn how differences can impact lives, hear about inspiring people with disabilities, and explore how difference can both cause conflict and be a reason to celebrate.



**SHOW
RACISM
THE
RED
CARD**



The ZONES of Regulation

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

Assemblies

- St Monica's Core Values
- British Values
- Diversity
- Anti-Bullying Week
- Show Racism the Red Card
- Online Safety - Merseyside Police

Wider Curriculum

- Diversity Week
- Other Faiths
- Kingsley and Co Book Club Visit
- Virtual Author Workshops
- TTRockstars Day
- Anti-Bullying Week
- Wellbeing Workshops
- Co Crew Workshops
- Mini Police Visits

Zones of Regulation

Children will begin the year by exploring the Zones of Regulation in their PSHE lessons. This learning will help them develop an understanding of self-regulation and emotional control. They will learn to recognise their feelings, understand how emotions can affect their behaviour, and explore strategies to help them manage their emotions.