

'My Life' PSHE Long Term Plan EYFS & KS1

	Reception	Year One	Year Two
Autumn	All About Me I am unique! We are the same/different People who love me Friendships Making friends Falling out Paying attention Staying Safe Road safety People I don't know Do I know you? What People Do All Day What do they do? So many jobs! Teamwork	Feelings and Special People Feelings Emotions and behaviour I am special Special people Staying Safe Staying safe in my school Staying safe outside Staying safe at home Keeping myself safe	Different Types of Families What is a family? Families are different and the same How do you spend time with your family? Weddings and marriage Healthy Bodies Things that keep us healthy Keeping ourselves healthy Keeping healthy, keeping clean My body, my voice
Spring	My World Rules and more rule Our community I am a citizen of the world Celebrations What do you celebrate? Celebration time! Chinese New Year Looking After Myself Healthy food habits Safe in the sun Moving and shaking	Healthy Me Keeping fit is fun! Sweets! How can being online be unhealthy? Keeping safe in the sun All Around Us Our beautiful world Reducing for the planet New from old! We make a difference	Feeling Included An alien welcome Including everyone We've fallen out! Important people in history Healthy Minds Marvellous minds Emotions everywhere! Screen time and sleep Self-care and relaxation
Summer	Being Healthy Brush your teeth! Germs, germs, germs My body! My Feelings My feelings Other people's feelings Don't give up! Growing Up I am growing Being independent Moving on up!	Money Matters Where does money come from? How can I keep my money safe? Where do adults get their money? What job would I like when I grow up?	Caring for the Environment I can help make a difference I can help make a difference to our world Who really lives in my local environment? I can improve my local environment!