

PSHE spiral curriculum

Blue Phase

Being me in my world – How to recognise who to trust. How to manage friendships. Treating others with respect. Relationship bonds. Rewards and consequences. Safe and fair learning. Recognising feelings.

Celebrating difference – Boys and girls can have differences and similarities and that's ok. Understanding bullying. Gender diversity.

Dreams and goals – Recognising strength, reflecting on progress and success. Perseverance. Learning with others, group co-operation

Healthy me – Healthy bodies, importance of exercise. Motivation, healthy eating, relaxation.

Relationships – Roles and responsibilities – friendship, managing conflict. Different types of families. Physical boundaries, secrets, trust and appreciation

Changing me – Changing bodies, puberty, RSE life cycles in nature. Growing from young to old. Differences in female and male bodies, correct terminology. Assertiveness. Preparing for transition.

Yellow Phase

Being me in my world – Friendships, how people choose friends and make friends. Rights and responsibilities. Rewards and feeling proud. Consequences.

Celebrating difference – Similarities and difference between people. Understanding bullying. Making new friends. Celebrating the differences in everyone

Dreams and goals – Overcoming difficulties. Identifying successes and achievements

Healthy me – Name key parts of body and how to stay healthy, hygiene. Keeping safe. Medicine safety. Road safety. Linking health and happiness.

Relationships – Relationships family, friends.

Changing me – Life cycles. Animals and human. Changes since being a baby. Differences between female and male bodies, correct terminology. Transition

Red Phase

Being me in my world – Children learn caring, showing an understanding of their own feelings and those of others. They understand being gentle and their rights and responsibilities.

Celebrating difference – How difference makes everyone special. Things that are special for them. Identifying talents. Making friends.

Dreams and goals – Challenges, achieving goals. Perseverance, overcoming obstacles and seeking help. Different jobs when grown up.

Healthy me – Healthy foods, healthy body, Physical activities, importance of sleep, keeping clean Personal safety.

Relationships – Families – different roles. Falling out with friends, dealing with bullying Being a good friend.

Changing me – Body changing from babies. Respecting their body. Growth and change. Celebrations.

EYFS Purple Class

Being me in my world. Children practice self-regulation, show an understanding of their own feelings and those of others.

Self-care, relationships, managing feelings and behaviour.

Begin to manage self and follow rules.