



DINNINGTON FIRST SCHOOL PSHE CURRICULUM

Curriculum Intent							
	Ongoing	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
Nursery	<ul style="list-style-type: none"> Zones of regulation Dinnington Rocks 	<ul style="list-style-type: none"> Learning to follow rules to keep safe A busy day for birds 	<ul style="list-style-type: none"> Me and my friends and my new environment Brushing teeth 	<ul style="list-style-type: none"> Being kind Sharing Rainbow fish 	<ul style="list-style-type: none"> Trying new things 	<ul style="list-style-type: none"> Feelings – emotional literacy 	<ul style="list-style-type: none"> Dealing with conflict
Reception	<ul style="list-style-type: none"> Zones of regulation Dinnington Rocks 	<ul style="list-style-type: none"> You choose Everyone likes different things Keeping clean and looking after our bodies 	<ul style="list-style-type: none"> Red Rockets and Rainbow Jelly What makes us unique 	<ul style="list-style-type: none"> Blue Chameleon Kindness and inclusion 	<ul style="list-style-type: none"> The Family Book Families look different Healthy eating 	<ul style="list-style-type: none"> Mammy Mama and Me Families look different 	<ul style="list-style-type: none"> The invisible string Resilience Get back up again song
	Ongoing	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
Y1	<ul style="list-style-type: none"> Zones of regulation Dinnington Rocks 	<ul style="list-style-type: none"> Families & Friendship: Roles of different people, families, feeling cared for. Safe relationships: Recognising privacy, staying safe, seeking permission. Respecting ourselves and others: How behaviours affect others, being polite and respectful. 		<ul style="list-style-type: none"> Belonging to a community: What rules are; caring for others' needs; looking after the environment. Media literacy and digital resilience – Using the internet & digital devices Money & Work – Strengths and interests; jobs in the community 		<ul style="list-style-type: none"> Physical health and mental wellbeing: Keeping healthy; food and exercise; hygiene routines; sun safety. 	
Y2	<ul style="list-style-type: none"> Zones of regulation Dinnington Rocks 	<ul style="list-style-type: none"> Families and friendships: Making friends; feeling lonely and getting help Safe relationships: Managing secrets; resisting pressure; recognising hurtful behaviour. 		<ul style="list-style-type: none"> Belonging to a community: Belonging to a group; roles and responsibilities; being the same and different in the community Media literacy and digital resilience: The internet in everyday life; online content and information Money and work: What money is; needs and wants; looking after money. 		<ul style="list-style-type: none"> Physical health and mental wellbeing: Why sleep is important; Medicines and keeping healthy; keeping teeth healthy Growing & changing: Growing older; naming body parts; moving class or year. Keeping Safe: Safety in different environments; risks and safety at home; emergencies 	



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Y3	<ul style="list-style-type: none"> Zones of regulation Dinnington Rocks 	<ul style="list-style-type: none"> Families & Friendships: What makes a family?; Features of family life Safe relationships Respecting ourselves and others 		<ul style="list-style-type: none"> Belonging to a community: The true values of laws; Rights and freedoms Physical health & wellbeing: Health choices; what affects feelings. Keeping safe: Risks & hazards in local and unfamiliar places. 		<ul style="list-style-type: none"> Growing & changing: Personal strengths; Managing setbacks. Media literacy and digital resilience: How the internet is used; Assessing online information Money & work: Different jobs & skills; job stereotypes; setting goals. 	
Y4	<ul style="list-style-type: none"> Zones of regulation Dinnington Rocks 	<ul style="list-style-type: none"> Families & friendships: Positive friendships including online. Safe relationships: Responding to hurtful behaviour; managing confidentiality; recognising risks online. Respecting ourselves and others: Respect differences; Discuss differences sensitively 		<ul style="list-style-type: none"> Belonging to a community: What makes a community? ; Shared responsibilities. Media literacy & digital resilience: How is data shared and used? Money & Work: Making decisions about money; Using & keeping money. 		<ul style="list-style-type: none"> Physical health and Mental wellbeing: Maintaining a balanced lifestyle; Oral hygiene Growing and changing: Physical changes in puberty; Genitalia & personal hygiene Keeping safe: Medicines and household products; Drugs common to everyday life. 	
Assemblies							

I would add in a key story or text for each unit where possible.