

PSHE in the Early Years



The Statutory Framework for the Early Years Foundation Stage (September 2021) separates learning and development into seven areas (three prime areas and four specific areas). The most relevant statements for PSHE are taken from *Personal, Social and Emotional Development* (prime area of learning) but also from *Communication and Language* (prime area of learning) and *Understanding the World* (specific area of learning). The targets that relate to the PSHE curriculum are as follows:

Communication and Language

- 1. Be able to express a point of view and to debate when they disagree with an adult or a friend, using words as well as actions.
- 2. Start a conversation with an adult or a friend and continue it for many turns.
- 3. Use talk to help work out problems and organise thinking and activities, and to explain how things work and why they might happen.
- 4. Develop social phrases.

Personal, Social and Emotional Development

- 1. Develop their sense of responsibility and membership of a community.
- 2. Become more outgoing with unfamiliar people, in the safe context of their setting.
- 3. Show more confidence in new social situations.
- 4. Play with one or more other children, extending and elaboration play ideas.
- 5. Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.
- 6. Develop appropriate ways of being assertive.
- 7. Talk with others to solve conflicts.
- 8. Talk about their feelings using words like 'happy', 'sad', 'angry', or 'worried'.
- 9. Understand gradually how others might be feeling.
- 10. Be increasingly more independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly.
- 11. Make healthy choices about food, drink, activity and toothbrushing.
- 12. See themselves as a valuable individual.
- 13. Build constructive and respectful relationships.
- 14. Express their feelings and consider the feelings of others.
- 15. Show resilience and perseverance in the face of challenge.
- 16. Identify and moderate their own feelings socially and emotionally.
- 17. Think about the perspectives of others.
- 18. Manage their own physical needs: Personal hygiene.





- 19. Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, toothbrushing, sensible amount of 'screen time', having a good sleep routine, being a safe pedestrian.
- 20. Show understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly (ELG Self-Regulation).
- 21. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate (ELG Self-Regulation).
- 22. Be confident to try new activities and show independence, resilience and perseverance in the face of in the face of challenge (ELG Managing SEIf)
- 23. Explain the reasons for rules, know right from wrong and try to behave accordingly (ELG Managing Self).
- 24. Manage their own basic hygiene and personal needs, including dressing, going to the toile and understanding the importance of healthy food choices (ELG Managing Self).
- 25. Work and play cooperatively and take turns with others (ELG Building Relationships).
- 26. Form positive attachments to adults and friendships with peers (ELG Building Relationships).
- 27. Show sensitivity to their own and to others' needs (ELG Building Relationships).

Understanding the World

- 1. Make sense of their own life-story and family's history.
- 2. Show interest in different occupations.
- 3. Continue to develop positive attitudes about the differences between people.
- 4. Plant seeds and care for growing plants.
- 5. Understand the key features of the life cycle of a plant and an animal.
- 6. Begin to understand the need to understand and care for the natural environment and all the living creatures.
- 7. Talk about members of their immediate family and community.
- 8. Name and describe people who are familiar to them.
- 9. Comment on images of familiar situations in the past.
- 10. Talk about the lives of people around them and their roles in society (ELG Past and Present).
- 11. Know some similarities and differences between things in the past and now, drawing on their experiences and what has been read in class (ELG Past and Present).

PSHE in the Early Years at Danson Primary School

At Danson Primary School, we believe it is vital to develop PSHE skills from a young age. Our rich indoor and outdoor environments provide our children with a wide variety of opportunities for PSHE skills to be developed, through a mixture of adult led sessions and child initiated learning. Please see the table for the breakdown of how the objectives from Development Matters guidance EYFS feed into our PSHE curriculum.





		Danson Primary School- PSHE – Me and My Relationships – Autumn 1					
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skills	- I can recognise and be sensitive to the differences of others I can name people who help me and describe ways to help others I can talk about feelings and what can cause them I can tell you which trusted adults I can ask for help I can help a friend if they are sad or worried I can see myself as a valuable individual - I can build constructive and respectful relationships - I can consider the feelings of others I can form positive attachments to adults and friendships with peers I can show sensitivity to their own and to others' needs.	- I can name different feelings and how they might make me behave - I can suggest ways of dealing with 'not so good' feelings and how to help others I can recognise when I need help and who to ask I can listen to others and wait my turn to speak I can tell you which trusted adults at home and school keep me safe.	- I understand we have different ways to express our feelings I can express my feelings in a safe, controlled way I can tell you some ways that I can get help, if I am being bullied and what I can do if someone teases me I can tell someone how they are making me feel - I can give you lots of ideas about what makes a good friend and also tell you how I try to be a good friend.	- I can communicate my feelings and use this to try to manage my emotions I can collaborate with a team to achieve a goal I can accept I may not always agree with others I can listen and share my opinions respectively I can say why friends may fall out and how they can make up I know how to look after my friends and stay friends.	- I can talk about how feelings change and be different for others I can read different emotions by a person's body language I can say 'no' in a calm and controlled way I can name some qualities or strategies that help team work. I am aware of others and their needs when working together I can say what to do if I am, or a friend is, hurt or bullied by another person I can recognise the qualities of a healthy relationship.	- I can be assertive to keep myself happy, healthy and safe I can use strategies to resolve arguments or disagreements I can reflect on my behaviour, attitudes and qualities I am aware of the warning signs that a relationship could be unhealthy or unsafe I can manage my emotional needs and any risks to them. I can respond to emotions according to the situation and person	- I can work through challenges I have with my friends with respect, assertiveness and understanding I can give examples of negotiation and compromise. I can use these skills in practical situations I know types of touch that are against the law and can suggest ways of getting help if someone experiences inappropriate or illegal touch I can use assertive behaviours to keep myself safe from peer influence or pressure I can explain bystander behaviour by giving examples of what bystanders do when someone is being bullied.
Knowledge	I can talk about similarities and differences. I can name special people in my life. I can describe different feelings. I can identify who can help if I am sad, worried or scared. I can identify ways to help others or myself if I am sad or worried.	I can describe different feelings and how they can make our bodies feel. I know some strategies of dealing with 'not so good' feelings. I understand how our actions can hurt the feelings of others. I recognise the special qualities in family and friends. I know which special people keep us safe and how.	I recognise that people have different ways of expressing their feelings. I can identify different ways to respond to the feelings of others. I can recognise the differences between bullying, unkind behaviour or teasing. I can learn strategies to deal with unkind behaviour, conflict and where to get help if they are upset. I can recognise a healthy friendship and its qualities.	I know that feelings and emotions help a person cope with difficult times. I can recognise the skills required to collaborate in a team, knowing when to contribute and when to step back. I can recognise which strategies are appropriate for particular situations. I can listen to and debate ideas and opinions with others with respect and courtesy. I can recognise why friends may fall out and how to resolve issues.	I know that feelings can vary by intensity, person and change over time. I know and understand the qualities of a 'positive, healthy relationship'. I know when it's appropriate to say no and how. I know the strategies and skills needed for collaborative work. I can recognise bullying or pressured behaviour.	I can learn characteristics and skills in assertiveness. I can apply their collaborative skills to friendships and assertiveness. I can learn ways to resolve conflict in an assertive, calm and fair manner. I can identify what things make a relationship unhealthy and who to talk to if they needed help. I can recognise emotional needs according to circumstance and any risk factors that could affect them.	I can recognise some of the challenges that arise from friendships and suggest strategies for dealing with such challenges. I can practice and use strategies in compromise and negotiation within a collaborative task or activity. I can consider the types of touch that are safe, legal and that I am comfortable with. I can name assertive behaviours and recognise peer influence or pressured behaviour. I am aware of the variety in behaviour which is dependent on group dynamic, peer pressure, emotional needs and circumstance.



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Vocabulary	special, practice, effort	friends, help, rules	feelings, happy, teasing,	apologise, respect	ignored, delighted	collaborate, aggressive	assertiveness appropriate,
	same, different, favourite,	family, hurt, safe	bullied	disagree, responsibility,	teasing, calm, confident,	resolution, conflict	sensitive
	family	feelings, listen	care, repeated bullying,	calm	feelings	pressure	collaboration respectful,
	help, special people		friendship	disputes, arguments	compromise	emotional needs passive	response
	friends, feelings		help, rules, friendly	feelings, persuade	body language emotions,	assertiveness negotiation, unsafe	appropriate, culture
	happy, sad, emojis		safe, break	friendship, opinions	frightened	compromise	inappropriate, religion
	kind, helpful			listening, family	excluded, collaborate	body language, respect	bullied, compromise
				friendship, falling out	pressure, bullying	uncomfortable touching,	illegal, active
				special people	joyful, excited	qualities	forced marriage negotiation,
					respectful, scared	unhealthy relationship	community
					alone, worried, lonely		bystanders, passive
							civil partnership
DfE Statutory	FPC1, FPC2, FPC3, FPC4,	RR1, RR2, RR3, CF1, CF2,	RR2, RR3, RR5, RR6, MW2,	ISH4, FPC2, CF1, CF2, CF3,	CF2, CF3, CF4, CF5, RR1, RR2,	OR2, OR3	CF1, CF2, CF3, CF4, CF5, FPC1,
Requirements	FPC6, RR1, RR4, RR5, CF1,	CF3, CF4, CF5, BS5, MW1,	MW3	CF4, CF5, RR1, RR2, RR3,	RR3, RR4, RR5, RR6, HE3	CF1, CF2, CF3, CF4, CF5, RR1,	FPC2, MW1, MW2, MW3, MW4,
·	CF2, CF3, CF5	MW2, MW3, MW4, MW6,	MW2, MW9	BS1	OR1, OR2,	RR3, RR4, RR5, MW1, MW2,	CAB1, RR1, RR2, RR4, RR5, RR6,
	RR1, RR3, RR4	MW7	CF1, CF2, CF3	MW2, MW3, MW4	MW1, MW2, MW3, MW4,	MW3, MW4, MW8, MW9,	RR8
	BS5, BS8, MW2, MW3,				MW6, MW7, MW8, ISH5	MW10	FPC3, FPC4, FPC5, FPC6, BS1,
	MW6, MW7, MW9					IVIVVIO	BS2, BS3, BS4, BS5, BS6, BS7, BS8
	Development Matters						
	PSED Rec - 1,2,3; PSED ELG -						
	1,6,7,8; UW Rec - 1,2; UW						
	ELG - 1						

DfE topics and related codes:

	Relationships Education Families and people who care for me Caring friendships Respectful relationships Online relationships Being safe	Code FPC CF RR OR BS	Health Education Mental wellbeing Internet safety and harms Physical health and fitness Healthy eating Drugs, alcohol and tobacco Health and prevention Basic first aid	Code MW ISH PHF HE DAT HP
Changing adolescent body CAB			Health and prevention Basic first aid Changing adolescent body	HP BFA CAB





DfE Statutory Guidance Categories: Relationships Education (Primary)

By the end of primary school pupils should know:

Families and people who care for me (FPC)	1. That families are important for children growing up because they can give love, security and stability.
lile (FFC)	2. The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
	3. That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
	4. That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
	5. That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
	6. How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.
Caring friendships (CF)	1. How important friendships are in making us feel happy and secure, and how people choose and make friends.
	2. The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
	3. That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
	4. That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
	5. How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
Respectful relationships (RR)	1. Importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
	2. Practical steps they can take in a range of different contexts to improve or support respectful relationships.
	3. The conventions of courtesy and manners.
	4. The importance of self-respect and how this links to their own happiness.
	5. That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
	6. About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
	7. What a stereotype is, and how stereotypes can be unfair, negative or destructive.
	8. The importance of permission-seeking and giving in relationships with friends, peers and adults.





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Online relationships (OR)	 That people sometimes behave differently online, including by pretending to be someone they are not. That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. How information and data is shared and used online.
Being safe (BS)	 What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. How to recognise and report feelings of being unsafe or feeling bad about any adult. How to ask for advice or help for themselves or others, and to keep trying until they are heard, How to report concerns or abuse, and the vocabulary and confidence needed to do so. Where to get advice e.g. family, school and/or other sources.
Mental wellbeing (MW)	 That mental wellbeing is a normal part of daily life, in the same way as physical health. That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.
Internet safety and harms (ISH)	 For most people the internet is an integral part of life and has many benefits. About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. Why social media, some computer games and online gaming, for example, are age restricted.





	 That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. Where and how to report concerns and get support with issues online. 	
Physical health and fitness (PHF)	 The characteristics and mental and physical benefits of an active lifestyle. The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. The risks associated with an inactive lifestyle (including obesity). How and when to seek support including which adults to speak to in school if they are worried about their health. 	
Healthy eating (HE)	 What constitutes a healthy diet (including understanding calories and other nutritional content). The principles of planning and preparing a range of healthy meals. The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). 	
Drugs, alcohol and tobacco (DAT)	1. The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	
Health and prevention (HP)	 How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of hand washing. The facts and science relating to allergies, immunisation and vaccination. 	
Basic first aid (BFA)	 How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries. 	
Changing adolescent body (CAB)	1. Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. 2. About menstrual wellbeing including the key facts about the menstrual cycle.	

Development Matters Targets and related codes

Communication and Language Personal Social and Emotional Development	CL PSED
Understanding the World	uw
Three to Four-Year-Olds	3-4
Reception	Rec
Early Learning Goals	ELG





Communication and Language

Three and Four-Year-Olds

- 1. Be able to express a point of view and to debate when they disagree with an adult or a friend, using words as well as actions.
- 2. Start a conversation with an adult or a friend and continue it for many turns.

Reception

- 1. Use talk to help work out problems and organise thinking and activities, and to explain how things work and why they might happen.
- 2. Develop social phrases.

Personal Social and Emotional Development

Three and Four-Year-Olds

- 1. Develop their sense of responsibility and membership of a community.
- 2. Become more outgoing with unfamiliar people, in the safe context of their setting.
- 3. Show more confidence in new social situations.
- 4. Play with one or more other children, extending and elaboration play ideas.
- 5. Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.
- 6. Increasingly follow rules, understanding why they are important.
- 7. Remembering rules without needing an adult to remind them.
- 8. Develop appropriate ways of being assertive.
- 9. Talk with others to solve conflicts.
- 10. Talk about their feelings using words like 'happy', 'sad', 'angry', or 'worried'.
- 11. Understand gradually how others might be feeling.
- 12. Be increasingly more independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly.
- 13. Make healthy choices about food, drink, activity and toothbrushing.

Reception

- 1. See themselves as a valuable individual.
- Build constructive and respectful relationships.
- 3. Express their feelings and consider the feelings of others.
- 4. Show resilience and perseverance in the face of challenge.
- 5. Identify and moderate their own feelings socially and emotionally.
- 6. Think about the perspectives of others.
- 7. Manage their own physical needs: Personal hygiene.
- 8. Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, toothbrushing, sensible amount of 'screen time', having a good sleep routine, being a safe pedestrian.

Early Learning Goals

- 1. Show understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly (ELG Self-Regulation)
- 2. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate (ELG Self-Regulation).





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	 Be confident to try new activities and show independence, resilience and perseverance in the face of in the face of challenge (ELG - Managing SEIf) Explain the reasons for rules, know right from wrong and try to behave accordingly (ELG - Managing Self). Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices (ELG - Managing Self). Work and play cooperatively and take turns with others (ELG - Building Relationships). Form positive attachments to adults and friendships with peers (ELG - Building Relationships). Show sensitivity to their own and to others' needs (ELG - Building Relationships).
Understanding the World	 Three and Four-Year-Olds Make sense of their own life-story and family's history. Show interest in different occupations. Continue to develop positive attitudes about the differences between people. Plant seeds and care for growing plants. Understand the key features of the life cycle of a plant and an animal. Begin to understand the need to understand and care for the natural environment and all the living creatures.
	Reception 1. Talk about members of their immediate family and community. 2. Name and describe people who are familiar to them. 3. Comment on images of familiar situations in the past. Early Learning Goals 1. Talk about the lives of people around them and their roles in society (ELG - Past and Present).

2. Know some similarities and differences between things in the past and now, drawing on their experiences and what has been read in class (ELG - Past and Present).