

PHSE Long Term Overview EYFS

	Autumn 1 Beginning and Belonging	Autumn 2 Family and Friends (Myself and my relationships)	Spring 1 Me and my world	Spring 2 My body and growing up	Summer 1 Keeping safe	Summer 2 Healthy Lifestyles
Week 1	A1 To understand what is special about me and other people in my class.	A1 to recognize people who are special to them and why they are special.	To identify the people that look after them at school and understand their roles.	To understand and value what their bodies can do.	To be able to identify trusted adults who children could talk to and ask for help.	To understand some of the things needed to have a healthy body.
Week 2		A2. To understand what makes a family and to understand how people in families' care for each other.	To understand ways that they can help to look after the school environment.	To describe their own appearance and name external body parts including using agreed names for the sexual parts.	To be able to assess risks in school and its grounds.	To be able to talk about foods they like and dislike
Week 3	CB Understand how people's behavior makes other people feel.	To understand what makes a good friend.	To recognize and understand the purpose of different places and features in their neighborhood.	To recognize similarities and differences between bodies of girls and boys	To be able to plan ahead to keep safer and understand and apply safety rules in different contexts.	To understand why different goods and drink are important to order for our bodies to stay healthy and well.
Week 4		To understand ways of making new friends	To recognize the jobs of different people in their neighborhood including people who help them.	To understand ways in which their body has changed since they were a baby.	To be able to develop a strategy when lost/identify safer places to play.	To understand what exercise is and why it is good for us.
Week 5	Understand what I have learnt to do and recognize what I would like to do next.	To understand simple reasons for why friends may fall out and simple ways to make up with friends.	To understand ways of looking after their local outdoor area and keeping the environment special for everyone.	To understand members of their family and other trusted people care for and look after them.	To be able to identify how and when to tell.	To understand the importance of sleep for our bodies.
Week 6	5/6 To understand how people's behavior makes other people feel. To understand ways of respecting the needs of other children in the class.	To recognize what unkind behavior looks like and understand what to do when someone is unkind.	Financial capability: Money		To understand basic road safety.	To begin to understand how to make choices which promote healthy living.

Week 7	7. To begin to understand how to play and work alongside others at school.					
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