

Colebrook Infant Academy

PSHE

Cycle A						
PSHE	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	To be able to explain why my class is a happy and safe place to learn. To be able to give different examples where I or others make my class happy and safe.	To be able to tell you some ways that I am different and similar to other people in my class, and why this makes us all special. To be able to explain what bullying is and how being bullied might make somebody feel.	To be able to explain how I feel when I am successful and how this can be celebrated positively. To be able to say why my internal treasure chest is an important place to store positive feelings.	To be able to explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. To be able to give examples of when being healthy can help me feel happy.	To be able to explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. To be able to also explain how my qualities help these relationships. To be able to give examples of behaviour in other people that I appreciate and behaviours that I don't like	Year 1 only: To be able to compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. To be able to use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private. To be able to explain why some changes I might experience might feel better than others Year 2 only: To use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private.

						To be able to explain why some types of touches feel OK and others don't. To be able to tell you what I like and don't like about being a boy/ girl and getting older and recognise that other people might feel differently to me.
Cycle B						
PSHE	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Being Me and My world To be able to explain why a behaviour can impact on other people in the class. To compare choices people make and to express why some choices are better than others.	Celebrating Difference To be able to explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes. To be able to explain how it feels to have a friend and be a friend. I can also explain why it is OK to be different from my friends.	Dreams and Goals To explain how I play a part in a group and the parts other people play to create an end product. To be able to explain how our skills complement each other. To be able to explain how it feels to be part of a group and identify a range of feelings about group work.	Healthy Me To explain why foods and medicines can be good for your body. To compare ideas with less healthy/ unsafe choices. To compare everyone's choices and to express how it feels to make	Relationships To explain why some things might make us feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special. To give examples of some different problem-solving techniques and explain how we might use them in	Changing Me Year 1 only: To compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. To use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private. To explain why some changes I might

				healthy and safe choices.	certain situations and in relationships	experience might feel better than others Year 2 only: To use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. To explain why some types of touches feel OK and others don't. To be able tell you what I like and don't like about being a boy/ girl and getting older, and recognise that other people might feel differently to me.
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