

PSHE curriculum

'Let Your Light Shine'

Matthew 5:16



Year group Reception	My Happy Mind	Other coverage
Autumn 1	Meet your Brain	Explain the reasons for rules, know right from wrong and try to behave accordingly;
Autumn 2	Celebrate	
Spring 1	Appreciate	Manage their own needs: Personal hygiene. Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity. - healthy eating. - toothbrushing.
Spring 2	Relate	Manage their own needs: Personal hygiene. Know and talk about the different factors that support their overall health and wellbeing: - sensible amounts of 'screen time'. - having a good sleep routine. - being a safe pedestrian.
Summer 1	Engage	Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.
Summer 2	n/a	

