

Beech PSHE Plan

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Staying safe – Rules and Responsibilities • To understand the reason why we have rules • To learn about rules as expectations • To understand how to agree and follow rules for their group and classroom • To learn about how they can contribute to the life of the class • To suggest rules that would improve things for the common good • To understand why it is important to be able to take turns • To agree and follow rules for a collaborative game	Internet Safety • To learn about the importance of using the internet • To know how to keep safe and how and where to get help • To use strategies to stay safe when using ICT and the internet • To know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know	Relationships – co-operation • To recognise the importance of listening to other people • To understand the importance of being able to work cooperatively • To understand the concept of negotiation • To understand the importance of being able to play and work cooperatively • To work independently and in groups, taking on different roles and collaborating towards common goals	Community and Belonging • To understand that they belong to various groups and communities • To work independently and in groups, taking on different roles and collaborating towards common goals • To develop a sense of belonging in the wider community • To understand the role of the local community • To consider ways of looking after the school or community and how to care for the local environment	Healthy Eating • To learn about where vegetables and fruit grow • To learn to make simple choices that improve their health and well-being e.g. healthy eating • To understand the need for protein as part of a balanced diet • To recognise which types of food are health	Hygiene • To learn about the importance of effective teeth cleaning and good dental hygiene • To learn how to take care of teeth, in addition to brushing • To manage basic personal hygiene

• To take turns and share as appropriate Protective Behaviours					