

Cedar PSHE Plan

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Protective Behaviours Emotions To understand positive and negative emotions To understand the basic principles of Zones of Regulation To begin to recognise a range of emotions within themselves To develop simple strategies to move from one zone to another	e-safety to know how to keep personal details secure when online to understand that safe use of social media and online gaming includes some age restrictions	Similarities and Differences To understand how people can have similarities and differences – physically and in world view	Nutrition To know where different foods come from To understand the role of different food groups in a balanced diet To understand the career options in working with food	Friendship To list 5 things that are important to us in friendship To develop an understanding regarding how we make friends To be able to list the positives of having a good friend	Rules and Responsibility To understand why rules are needed in different situations To understand that our actions have consequences and that we need to think ahead and consider these before we act