

PSHE Overview EYFS

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Me around Others Understanding the world People and Communities Lesson 1 What makes me special? Lesson 2 Who is my family? Lesson 3 Who are my friends? Lesson 4 How do I spend time with my family? Lesson 5 What makes me different? Lesson 6 What am I good at?	Respectable Me Personal, social and emotional development Making Relationships Lesson 1 What is turn taking? Lesson 2 How do I play sensibly? Lesson 3 Why do we share? Lesson 4 How can I be a good friend? Lesson 5 How do I make friends? Lesson 6 How do I respect adults?	Healthy Me Physical development Health and Self- Care Lesson 1 How can I stay healthy? Lesson 2 What is a healthy option? Lesson 3 Why should I stay active? Lesson 4 Why is staying clean important? Lesson 5 How can I look after myself independently? Lesson 6 What is my daily routine?	Developing Me Personal, social and emotional development Managing feelings and behaviour Lesson 1 When do I feel happy? Lesson 2 What makes me sad? Lesson 3 How do we show feelings? Lesson 4 What makes me angry? Lesson 5 What changes when I grow? Lesson 6 What happens if there is a change at school, home or any other place?	Social Me Understanding of the world The world Lesson 1 Where do I live? Lesson 2 What is my immediate environment? Lesson 3 How do we look after our environment? Lesson 4 How can we look after each other? Lesson 5 How do we care for animals? Lesson 6 How can we use technology at home and school?	Successful Me Personal, social and emotional development Self-confidence and Self-Awareness Lesson 1 What is great about me? Lesson 2 Why is it important to be active at school and home? Lesson 3 What are my interests? Lesson 4 Why is being confident important? Lesson 5 What are my strengths? Lesson 6 What to do if I need help?