

# PSHE – Recovery Curriculum and needs identified for 2020/21



**Self –awareness    Self-management    Social Awareness    Relationship Skills    Responsible Decision Making**

Following pupil and parent consultation, the PSHE curriculum is enhanced each year to meet identified need. Each half term, the PSHE lead provides resources to support this coverage and teachers deliver lessons appropriate to the needs of the class. Below is the yearly overview. **The weekly circle time session should make reference to this work, to My Personal Best values and to emerging needs within the class. Assembly will introduce/link to each of these themes. A display in each class is linked to this work including a worry box and zones of regulation.**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental Health and Well-being	Resilience and sleep	Anti-Bullying and Online Safety	Diet and exercise	Staying safe in the Community	Personal Hygiene

**The Bounce Back PSHE program for Autumn 1 was based around the Back to School with SCARF toolkit.**

THEME	Week 1 Wearing My SCARF	Week 2 Safety	Week 3 Caring	Week 4 Achievement	Week 5 Resilience	Week 6 Friendship
<b>EYFS</b>	<b>1. Introduce the SCARF</b>	Safe Indoors and Outdoors	Being Helpful and Caring for Our Environment	I can Do It!	Yes I Can!	Looking After My Friends
<b>1</b>	<b>2. Lesson on emotions and zones of regulations</b>	Our New Keeping Safe Rules	Taking Care of Something	You can Do It!	Sam Moves Away	Good Friends
<b>2</b>		Our New Keeping Safe Rules	Taking Care of Something	You can Do It!	Sam Moves Away	Good Friends
<b>3</b>	<b>3. Introduce the Reflection Approach</b>	How Do We Make a Difference?	How Caring a Friend Are You?	Top Talents	What Makes Me ME!	Qualities of Friendship
<b>4</b>		How Do We Make a Difference?	How Caring a Friend Are You?	Top Talents	What Makes Me ME!	Qualities of Friendship
<b>5</b>	<b>4. Everyone Worries</b> (Jon Burgerman)– Share the book ad set up the Worry Box.	How Do We Make a Difference?	How Caring a Friend Are You?	Top Talents	What Makes Me ME!	Qualities of Friendship
<b>6</b>		How Do We Make a Difference?	How Caring a Friend Are You?	Top Talents	What Makes Me ME!	Qualities of Friendship