



Our PSHE lessons this half term in Year FS2

This half term, our classes will all be learning about the topic Being my Best. The majority of the content in these lessons is now statutory, in line with the Relationships and Health curriculum that became compulsory for schools in September 2020. When this was introduced we underwent a period of consultation where the proposed changes were set out and parents were invited to give feedback, and this helped us to shape our curriculum.

We feel it would be useful for our parents and carers to have a clear idea of what sort of content is being introduced in our lessons as they are REALLY important topics and often provoke discussion and questions which may also be brought home. Please rest assured that all lesson content is handled with sensitivity, respect and in an age appropriate manner, with much of the focus being around keeping ourselves safe and both physically and mentally healthy.

If you would like any further information about the relationships and health learning that is taking place then please do not hesitate to get in touch with your class team in the usual way. We are here to help! ☺

Mrs Helen Jones

PSHE lead teacher

Lesson	Lesson Focus	Lesson Content
1	Bouncing back when things go wrong	<ul style="list-style-type: none">• Share an experience where they haven't achieved their goal.• Develop their confidence and resilience towards having a growth mindset.• Name a strategy to overcome a hurdle
2	Yes I can!	<ul style="list-style-type: none">• Talk about why friends are important and how they help us.• Identify ways to care for a friend in need.• Identify ways to help others in their community.
3	Being helpful at home and caring for our classroom	<ul style="list-style-type: none">• Identify ways in which they help at home.• Recognise the importance of taking care of a shared environment.• Name ways in which they can look after their learning environment.
4	Caring for our world	<ul style="list-style-type: none">• Think about what makes the world special and beautiful.• Name ways in which they can help take care of the environment, e.g. recycling, saving energy, wasting less.• Talk about what can happen to living things if the world is not cared for.
5	Looking after money 1 - recognising, spending, using	<ul style="list-style-type: none">• Recognise coins and other items relating to money.• Identify the uses of money

6	Looking after money 2 - saving money and keeping it safe	<ul style="list-style-type: none"> • Talk about why it's important to keep money safe. • Identify ways to save money. • Talk about why we save money.
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