

Social, emotional and behavioural skills underlie almost every aspect of school, home and community life, including effective learning and getting on with other people.

There are five **social and emotional aspects of learning**:

- Self-awareness**
- Managing feelings**
- Motivation**
- Empathy**
- Social skills**

These aspects are taught via the SEALS scheme (social and emotional aspects of learning) using the following Themes across KS1 and KS2:

- **New Beginnings**
- **Getting on & Falling Out**
- **Say No to Bullying**
- **Going for Goals**
- **Good to be Me**
- **Relationships**
- **Changes**

In addition, Year 6 incorporate topics including **Drugs & Smoking, Alcohol and British Values**

Each theme is introduced with a special assembly and in KS1, Tuesday's assemblies during the term are linked to a PSHCE theme.

The skills covered in the Themes above are vital to enable children to:

- Understand how to deal with a range of feelings;**
- Be effective learners**
- Get on with other people**
- Be responsible citizens**



Key Stage One – P.S.H.C.E. Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Rules and routines Sharing and turn taking Stopping, listening, tidying Sharing Superstar listeners	Adapting behaviour Making new friends Good manners Good relationships with adults Talking about feelings Life Education Caravan	Sharing and turn taking—different games 5 frame rhymes. Sharing resources. Adapting behaviour making new relationships	Talking to teacher and others about home and special events Improving Independence skills—choosing own resources	Sharing and turn taking—Increasing independence in different areas Showing more confidence in speaking in full sentences	Travelling Ted and Ged—show and tell Talking freely about home and experiences—circle times
Reception (Ruby)	Class/School rules Talking about ourselves Making friends School rules Looking after each other	Life Education Caravan Healthy lives My family Giving Complements	New Year Resolution Healthy New Year Sleep and Night time routines Strengths & skills	(Opposites) Likes and dislikes Happy & Sad Kind & Unkind Having friends & Being lonely	Personal Hygiene – hand washing Feelings Achievements	Water Safety Sun Safety Holiday safety
Rec/Y1 (Diamond) Reception SEAL	SEAL: New Beginnings	SEAL: 1.Getting on &Falling Out 2. Say No to Bullying (week) Life Education Caravan	SEAL: Going for Goals	SEAL: Good to be Me	SEAL: Relationships	SEAL: Changes
Y1/Y2 (Topaz) Year 1 SEAL	SEAL: New Beginnings	SEAL: 1.Getting on &Falling Out 2. Say No to Bullying (week) Life Education Caravan	SEAL: Going for Goals	SEAL: Good to be Me	SEAL: Relationships	SEAL: Changes
Y2 (Emerald) Year 2 SEAL	SEAL: New Beginnings	SEAL: 1.Getting on &Falling Out 2. Say No to Bullying (week) Life Education Caravan	SEAL: Going for Goals	SEAL: Good to be Me	SEAL: Relationships	SEAL: Changes

Key Stage 2 – P.S.H.C.E. Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1	SEAL: New Beginnings	SEAL: Getting on and Falling Out; Life Education Caravan	SEAL: Say No to Bullying	SEAL: Going for Goals	SEAL: Good to be Me	In the beginning: The Master Designer
Class 2	SEAL: New Beginnings	SEAL: Getting on and Falling Out; Life Education Caravan	SEAL: Say No to Bullying	SEAL: Going for Goals	SEAL: Good to be Me	In the beginning: The Caring Protector
Class 3	SEAL: New Beginnings	SEAL: Getting on and Falling Out; Life Education Caravan	SEAL: Say No to Bullying	SEAL: Going for Goals	SEAL: Good to be Me	In the beginning: The Great Provider
Class 4	SEAL: New Beginnings	SEAL: Getting on and Falling Out; Life Education Caravan	SEAL: Say No to Bullying	SEAL: Going for Goals	SEAL: Good to be Me	In the beginning: The Friend and Neighbour
Class 5	Drugs (inc smoking)	Alcohol; Life Education Caravan	Bullying	British Values: The Government	In the beginning: The Image Maker (part 1)	In the beginning: The Image Maker (part 2)