

Cranmore Infant School

Personal, Social, Health
and Educational

*We love to learn and together
we grow*

Vision Statements

PSHE

Children learn about themselves as developing individuals and as members of their communities, building on their own experiences and on the early learning goals for personal, social and emotional development. They learn rules and skills for keeping themselves healthy and safe and for regulating their own behaviour. They have opportunities to show they can take some responsibility for themselves and their environment. They will develop themselves and their understanding of the world, including their role and responsibility in looking after it. They will begin to learn about their own and other people's feelings and become aware of the views, needs and rights of other children and older people. They learn about the beauty of the diversity in beliefs, values and attitudes of individuals and society. We help the children to acquire British values and attitudes which are necessary to make sense of their experiences within school and life itself. They learn to value themselves, respect others, appreciate differences and feel confident as a British citizen.

As members of a class and school community, they learn social skills such as how to share, take turns, play, help others, resolve simple conflict and how to recognise and deal effectively with bullying. They begin to take an active part in the life of their school and the community as a whole.

PSHE Aims

- ▶ To develop a sense of personal identity.
- ▶ To understand that people are all different and have their own personal views, thoughts, feelings and attitudes.
- ▶ To understand how to behave in different situations and to regulate their own behaviour.
- ▶ To know what positive relationships are and to know how to develop and nurture them.
- ▶ To be confident and to develop a positive self-esteem.
- ▶ To know the importance of being healthy, including nurturing a healthy mind.
- ▶ To know how to keep themselves and others safe.
- ▶ To know a variety of feelings and to manage these effectively.
- ▶ To be proud of their achievements.
- ▶ To know how to set goals and ways they can work to achieve them.
- ▶ To learn the skills of collaboration and develop the ability to work effectively with others.
- ▶ To know what bullying means and some ways to deal with it positively.
- ▶ To develop a caring attitude towards themselves, other people and the world.
- ▶ To become good members of the community and to make a difference.

PSHE whole school schema - Being Me in My World

	Nursery	Reception	Year 1	Year 2
Knowledge	<ul style="list-style-type: none"> To know some things that make me happy. To know we are all different. I am beginning to know the rules of the classroom. 	<ul style="list-style-type: none"> To know we are all similar and different. To know some feelings Begin to know what responsible means. 	<ul style="list-style-type: none"> I know that I belong in my class. I know how to make my class a safe place for everyone to learn. I recognise a range of feelings when I face certain consequences. I know my views are valued. 	<ul style="list-style-type: none"> I can identify some hopes and fears for this year. I recognise when I feel worried and who I can ask for help. I know how to make my class a safe and fair place. I know my views are valued and I can value the ideas of others. I know that boys and girls are different. I can tell you how being bullied might feel.
Understanding	<ul style="list-style-type: none"> I Understand how it feels to belong. I Understand how happy and sad can be expressed. I understand it is good to be kind to people. I am starting to understand children's rights to work and play. 	<ul style="list-style-type: none"> Understand how it feels to belong I understand why it is good to be kind and use gentle hands. I am starting to understand children's rights and this means we should all be allowed to learn and play. I can beginning to think about everyone's right to learn. 	<ul style="list-style-type: none"> I understand how it feels to belong and that others have the right to belong. I understand my choices. I understand the rights and responsibilities as a member of my class. I can think about everyone's right to learn. 	<ul style="list-style-type: none"> I understand the rights and responsibilities for being a member of my class and school. I understand how following the rules will help me and others learn. I recognise the choices I make and understand the consequences. I understand that everyone has a right to learn.
Feelings and Behaviour	<ul style="list-style-type: none"> I try to help others to feel welcome. I can play together. I can begin to consider people's feelings I can use gentle hands. I try to make our Nursery/Pre-school community a better place. I am beginning to think about everyone's right to learn. I am beginning to care about other people's feelings. I am beginning to work with others. I am beginning to follow the rules of the classroom. 	<ul style="list-style-type: none"> I can work with others to make school a good place to be. I am beginning to recognise and manage my feelings. I am beginning to help other to feel welcome. I try to make our Nursery/Pre-school community a better place. I care about other people's feelings. I can work well with others. I choose to follow the rules of the classroom. 	<ul style="list-style-type: none"> I can help others to feel welcome. I try to make our school community a better place. I care about other people's feelings and I can try to make them feel happy. I feel special and safe in my class. I recognise how it feels to be proud of my achievements. I can recognise the choices I make and understand the consequences. I can confidently work well with others. I choose to follow the rules of the classroom and the school. 	<ul style="list-style-type: none"> I can listen to other people and contribute my own ideas about rewards and consequences. I can work co-operatively. I choose to follow the rules. I can confidently make others feel welcome. I make a contribution to making our school community a better place. I care about other people's feelings and I can try to make them feel happy. I can confidently work well with others, allowing and encouraging everyone to take part. I consistently choose to follow the rules of the classroom and the school and I can help others to do the same.

PSHE whole school schema - Celebrating Difference

	Nursery	Reception	Year 1	Year 2
Knowledge	<ul style="list-style-type: none"> • I know that families are all different. • I know some ways to make friends. • I know there are lots of different houses and homes. • I am beginning to know how to help if someone is being bullied • I am beginning to know what a compliment is. 	<ul style="list-style-type: none"> • I know we are all different but the same in some ways. • I can tell you why my home is special to me. • I can tell you how to be kind to a friend. • I know some ways to help if someone is being bullied. • I know what a compliment is. 	<ul style="list-style-type: none"> • I know some similarities and differences between people in my class. • I can tell you some ways in which I am the same and different to my friends. • I know what bullying is. • I know how to help if someone is being bullied. • I know some people I could talk to if I was feeling unhappy or being bullied. • I know how to make new friends. • I know how to give compliments. 	<ul style="list-style-type: none"> • I know that boys and girls are different. • I can tell you how being bullied might feel. • I know what bullying is and some things I can do to stop it. • I know how to help others who are being bullied. • I confidently know how to help if someone is being bullied. • I know many good qualities that make a good friend and I try to be good friend. • I know how to give and receive compliments.
Understanding	<ul style="list-style-type: none"> • I can tell you one way I am special or unique. • I am beginning to know how to give and receive compliments. 	<ul style="list-style-type: none"> • I understand that being different makes us all special. • I know how to give and receive compliments. 	<ul style="list-style-type: none"> • I understand how being bullied might feel. • I can tell you some ways I am different to my friend and I understand these differences make us all special and unique. 	<ul style="list-style-type: none"> • I can tell you some ways I am different to my friends and I understand these differences make us special and unique. • I understand that bullying is sometimes about difference. • I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes). • I understand some ways in which boys and girls are different and accept that this is okay. • I understand that it is okay to be different from other people and to be friends with them. • I understand that we shouldn't judge people if they are different.
Feelings and Behaviour	<ul style="list-style-type: none"> • I know what it feels like to be proud of something I am good at. • I can use my words to stand up for myself. • I am beginning to accept that everyone is different. • I can sometimes include others when working and playing. • I am beginning try to solve problems. • I try to use kind words. 	<ul style="list-style-type: none"> • I can identify something I am good at and understand everyone is good at different things. • I can use words to stand up for myself when someone says or does something unkind. • I accept that everyone is different. • I can include others when working and playing. • I can try to solve problems. 	<ul style="list-style-type: none"> • I can be kind to people who are being bullied. • I know how it feels to make a new friend. • I accept that everyone is different and that's good. • I confidently include others when working and playing. • I can solve problems. • I regularly use kind words. 	<ul style="list-style-type: none"> • I am kind to people who are being bullied. • I know how it feels to be a friend and have a friend. • I accept and value differences between people. • I confidently include others when working in a group or a team. • I can confidently solve problems. • I am kind to others.

PSHE whole school schema - Dreams and Goals

	Nursery	Reception	Year 1	Year 2
Knowledge	<ul style="list-style-type: none"> • I know some kind words to encourage people. • I know what goal means. 	<ul style="list-style-type: none"> • I know how to use kind words to encourage people. • I know what a goal is and some ways I can achieve it. 	<ul style="list-style-type: none"> • I know some ways to learn. • I know how I feel when I'm face with a new challenge. 	<ul style="list-style-type: none"> • I know how to share success with other people. • I can tell you how working with other people helps me to learn.
Understanding	<ul style="list-style-type: none"> • I understand what challenge means. • I can start to think about jobs I might do when I'm older. 	<ul style="list-style-type: none"> • I understand that if I persevere I can tackle challenges. • I understand the link between what I learn now and the job I might like to do when I'm older. 	<ul style="list-style-type: none"> • I understand how to work well with a partner. • I can tackle a new challenge and understand this might stretch my learning. • I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them. 	<ul style="list-style-type: none"> • I can recognise who I work well with and who it is more difficult for me to work with. • I can tell you how working with other people helps me to learn. • I can tell you some of my strengths as a learner.

PSHE whole school schema - Dreams and Goals

	Nursery	Reception	Year 1	Year 2
Feelings and Behaviour	<ul style="list-style-type: none"> • I am beginning to stay motivated when doing something challenging with support. • I am beginning to work with a partner with support. • I am beginning to have a positive attitude. • I can keep trying until I can do something. • I can set a goal and work towards it, with support. • I am beginning to try to help others with their goals. • I can feel proud when I achieve a goal. 	<ul style="list-style-type: none"> • I am beginning to stay motivated when doing something challenging. • I can keep trying, even though it is difficult. • I am beginning to work with a partner. • I have a positive attitude. • I can tell you about a time I didn't give up until I achieved my goal. • I can set a goal and work towards it. • I can sometimes help others to achieve their goals. • I am working hard to achieve my own dreams and goals. • I can say how I feel when I achieve a goal and know what it means to feel proud. 	<ul style="list-style-type: none"> • I can stay motivated when doing something challenging. • I keep trying, even though it is difficult. • I work well with a partner. • I have a positive attitude, even when my learning is difficult. • I know how I feel when I'm face with a new challenge. • I can set a goal and work out how to achieve it. • I can tell you about a thing that I do well. • I can help others to achieve their goals. • I can tell you how I learn best. • I can celebrate achievement with my partner. • I can identify how I feel when I'm faced with a new challenge. • I know how I feel when I see obstacles and how I feel when I overcome them. • I can tell you how I felt when I succeeded in a new challenge and how I celebrated it. 	<ul style="list-style-type: none"> • I stay motivated when doing something challenging. • I keep trying and find solutions, even though it is difficult. • I work well with a partner or in a group. • I have a positive attitude, even when my learning is difficult. • I confidently help others to achieve their goals. • I can choose a realistic goal and think about how to achieve it. • I can tell you things I have achieved and say how that makes me feel. • I carry on trying (persevering) even when I find things difficult.. • I can work with others to solve problems. • I can tell you how I felt when working in a group. • I can tell you how being part of a successful group feels and I can store those feelings in my internal treasure chest.

PSHE whole school schema - Healthy Me

	Nursery	Reception	Year 1	Year 2
Knowledge	<ul style="list-style-type: none"> • I know the names for some parts of my body. • I know what the word 'healthy' means and that some foods are healthier than others. • I know how to help myself go to sleep and that sleep is good for me. • I know what to do if I get lost and how to say NO to strangers. • I know some ways to be a good friend. 	<ul style="list-style-type: none"> • I know which foods are healthy and not so healthy and can make healthy eating choices. • I know how to help myself go to sleep and understand why sleep is good for me. • I know what a stranger is and how to stay safe if a stranger approaches me. 	<ul style="list-style-type: none"> • I know how to make healthy lifestyle choices. • I know how to keep myself clean and healthy, and understand how germs cause disease/illness • I know that all household products including medicines can be harmful if not used properly. • I know some ways to help myself when I feel poorly. • I know how to keep safe when crossing the road, and about people who can help me to stay safe. 	<ul style="list-style-type: none"> • I know what I need to keep my body healthy. • I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy. • I know which foods are nutritious for my body.
Understanding	<ul style="list-style-type: none"> • I am starting to understand that I need to be active to be healthy. • I can tell you some of the things I need to do to be healthy. 	<ul style="list-style-type: none"> • I understand that I need to exercise to keep my body healthy. • I understand how moving and resting are good for my body. 	<ul style="list-style-type: none"> • I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy. • I understand that medicines can help me if I feel poorly and I know how to use them safely. • I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy. 	<ul style="list-style-type: none"> • I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed. • I can tell you when a feeling is weak and when a feeling is strong. • I understand how medicines work in my body and how important it is to use them safely. • I can make some healthy snacks and explain why they are good for my body.

PSHE whole school schema - Healthy Me

	Nursery	Reception	Year 1	Year 2
Feelings and Behaviour	<ul style="list-style-type: none"> • I can wash my hands and know it is important to do this before I eat and after I go to the toilet. • I am beginning to make healthy choices with support. • I try to eat a healthy and balanced diet with support. • I try to be physically active. • I try to keep myself safe with support. • I try to keep calm and deal with difficult situations with support. • I enjoy having friends. 	<ul style="list-style-type: none"> • I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet. • I am beginning to make healthy choices. • I try to eat a healthy and balanced diet. • I am physically active. • I try to keep myself safe. • I try to keep calm and deal with difficult situations. • I enjoy having friends and I am kind to my others. 	<ul style="list-style-type: none"> • I can make healthy choices. • I can eat a healthy and balanced diet. • I feel good about myself when I make healthy choices. • I enjoy being physically active. • I know I am special so I keep myself safe. • I know how to keep calm and deal with difficult situations. • I can recognise when I feel frightened and know who to ask for help. • I can recognise how being healthy helps me to feel happy. • I know how to be a good friend and enjoy healthy relationships. 	<ul style="list-style-type: none"> • I am motivated to make healthy lifestyle choices • I feel positive about caring for my body and keeping it healthy. • I have a healthy relationship with food and know which foods I enjoy the most. • I can express how it feels to share healthy food with my friends. • I can decide which foods to eat to give my body energy.

PSHE whole school schema - Relationships

	Nursery	Reception	Year 1	Year 2
Knowledge	<ul style="list-style-type: none"> • I am beginning to know how to help themselves and others when they feel upset and hurt • I know I belong to a family. • I know what to say and do if somebody is mean to me. • I am beginning to know how to make friends. • I know how to help themselves and others when they feel upset and hurt. 	<ul style="list-style-type: none"> • I know how to make friends. • I know how to make friends to stop myself from feeling lonely. • I know how to help myself and others when they feel upset and hurt • I know what makes a good relationship. • I know how to be a good friend. 	<ul style="list-style-type: none"> • I know how to make a new friend. • I know how it feels to belong to a family and care about the people who are important to me. • I know appropriate ways of physical contact to greet my friends and know which ways I prefer. • I know who can help me in my school community. • I know when I need help and know how to ask for it. • I am beginning to know how to help myself and others when they feel upset or hurt. • I know and show what makes a good relationship. 	<ul style="list-style-type: none"> • I know how to make and keep friends. • I know which types of physical contact I like and don't like and can talk about this. • I know some of the things that cause conflict with my friends. • I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this. • I know how to help myself and others when they feel upset or hurt. • I know and appreciate people who can help me in my family, my school and my community. • I know and show what makes a good relationship.
Understanding	<ul style="list-style-type: none"> • I can tell you about my family. • I understand how to make friends if I feel lonely. • I can tell you some of the things I like about my friends. 	<ul style="list-style-type: none"> • I can tell you about my family and what they do for me. • I can identify some of the jobs I do in my family and how I feel like I belong. • I am starting to understand the impact of unkind words. 	<ul style="list-style-type: none"> • I can identify the members of my family and understand that there are lots of different types of families. • I can identify what being a good friend means to me. • I can recognise which forms of physical contact are acceptable and unacceptable to me. • I know ways to praise myself. • I can tell you why I appreciate someone who is special to me. 	<ul style="list-style-type: none"> • I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate. • I understand that most people value their family. • I can help others to feel part of a group. • I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.

PSHE whole school schema - Relationships

	Nursery	Reception	Year 1	Year 2
Feelings and Behaviour	<ul style="list-style-type: none"> • I can use Calm Me time to manage my feelings. • I can work together and enjoy being with my friends. • I can try to solve friendship problems when they occur. • I am beginning to show respect in how they treat others. 	<ul style="list-style-type: none"> • I am beginning to solve friendship problems when they occur with support. • I am beginning to help others to feel part of a group. • I can think of ways to solve problems and stay friends • I can show respect in how I treat others. • I can use Calm Me time to manage my feelings. 	<ul style="list-style-type: none"> • I can try to solve friendship problems when they occur. • I can help others to feel part of a group. • I can show respect in how I treat others. • I can recognise my qualities as person and a friend. • I can express how I feel about people who are special to me. 	<ul style="list-style-type: none"> • I accept that everyone's family is different. • I can solve friendship problems when they occur. • I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not. • I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends. • I understand how it feels to trust someone. • I can express my appreciation for the people in my special relationships. • I am comfortable accepting appreciation from others.

PSHE whole school schema - Changing Me

	Nursery	Reception	Year 1	Year 2
Knowledge	<ul style="list-style-type: none"> • I know some food I can eat to keep me healthy. • I know that we all start as babies and grow into children and then adults. • I know that I grow and change. • I am beginning to know who to ask for help if I am worried about change. 	<ul style="list-style-type: none"> • I can name parts of the body. • I know some things I can do and foods I can eat to be healthy. • I know who to ask for help if I am worried about change. 	<ul style="list-style-type: none"> • I know that changes are OK and that sometimes they will happen whether I want them to or not. • I know and can tell you how my body has changed since I was a baby. • I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus. • I know who to ask for help if I am worried about change. • I know some ways to cope with changes. 	<ul style="list-style-type: none"> • I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private. • I know who to ask for help if I am worried about change.
Understanding	<ul style="list-style-type: none"> • I am beginning to understand that everyone is unique and special. • I can tell you some things I can do. • I am beginning to understand and respect the changes that I see in myself. • I understand and respect the changes that they I in other people. 	<ul style="list-style-type: none"> • I understand that everyone is unique and special. • I understand and respect the changes I see in myself. • I understand that we all grow from babies to adults • I understand and respect the changes that I see in other people. 	<ul style="list-style-type: none"> • I understand that everyone is unique and special. • I am starting to understand the life cycles of animals and humans. • I understand that changes happen as we grow and that this is OK. • I can tell you some things about me that have changed and some things about me that have stayed the same. • I understand and respect the changes that I see in myself. • I understand that growing up is natural and that everybody grows at different rates. • I understand and respect the changes that I see in other people. • I understand that every time I learn something new I change a little bit • I can tell you about changes that have happened in my life. 	<ul style="list-style-type: none"> • I understand that everyone is unique and special. • I can recognise cycles of life in nature. • I understand there are some changes that are outside my control and can recognise how I feel about this. • I can tell you about the natural process of growing from young to old and understand that this is not in my control. • I can identify people I respect who are older than me. • I understand and respect the changes that I see in myself. • I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old. • I understand and respect the changes that I see in other people. • I understand there are different types of touch and can tell you which ones I like and don't like.

PSHE whole school schema - Changing Me

	Nursery	Reception	Year 1	Year 2
Feelings and Behaviour	<ul style="list-style-type: none">• I can name parts of my body and show respect for myself.• I am beginning to express how I feel when change happens.• I can talk about how I feel moving to School from Nursery.• I am looking forward to change.• I can remember some fun things about Nursery this year.	<ul style="list-style-type: none">• I can express how I feel when change happens.• I can express how I feel about moving to Year 1.• I can talk about my worries and/or the things I am looking forward to about being in Year 1.• I am looking forward to change.• I can share my memories of the best bits of this year in Reception.	<ul style="list-style-type: none">• I can express how they feel when change happens.• I respect my body and understand which parts are private.• I enjoy learning new things.• I am looking forward to change.• I can confidently share my memories of the best bits of this year in Reception.	<ul style="list-style-type: none">• I can express how they feel when change happens.• I feel proud about becoming more independent.• I can tell you what I like/don't like about being a boy/girl.• I am confident to say what I like and don't like and can ask for help.• I am looking forward to change.• I can identify what I am looking forward to when I move to my next class.• I can start to think about changes I will make when I am in Year 3 and know how to go about this.

Nursery

PSHE Knowledge

To know different feelings

To know some class rules

To know how to play safely

Begin to interact with peers

To know how to stay healthy

To set goals with support

To begin to feel proud and confident

PSHE Key Vocabulary

Feelings, happy, sad, rules, same, different, proud, special, kind, goal, challenge, healthy, friend, special, change.

NURSERY

PSHE curriculum

Term	Autumn	
Jigsaw Piece	Being Me in My World	Celebrating Difference
Knowledge	<ul style="list-style-type: none"> • To know some things that make me happy. • To know we are all different. • I am beginning to know the rules of the classroom. 	<ul style="list-style-type: none"> • I know that families are all different. • I know some ways to make friends. • I know there are lots of different houses and homes. • I am beginning to know how to help if someone is being bullied • I am beginning to know what a compliment is.
Understanding	<ul style="list-style-type: none"> • I Understand how it feels to belong. • I Understand how happy and sad can be expressed. • I understand it is good to be kind to people. • I am starting to understand children's rights to work and play. 	<ul style="list-style-type: none"> • I can tell you one way I am special or unique. • I am beginning to know how to give and receive compliments.
Attitudes and Behaviour	<ul style="list-style-type: none"> • I try to help others to feel welcome. • I can play together. • I can begin to consider people's feelings • I can use gentle hands. • I try to make our Nursery/Pre-school community a better place. • I am beginning to think about everyone's right to learn. • I am beginning to care about other people's feelings. • I am beginning to work with others. • I am beginning to follow the rules of the classroom. 	<ul style="list-style-type: none"> • I know what it feels like to be proud of something I am good at. • I can use my words to stand up for myself. • I am beginning to accept that everyone is different. • I can sometimes include others when working and playing. • I am beginning try to solve problems. • I try to use kind words.

NURSERY

PSHE curriculum

Spring

Jigsaw Piece

Dreams and Goals

Healthy Me

Knowledge

- I know some kind words to encourage people.
- I know what goal means.

- I know the names for some parts of my body.
- I know what the word 'healthy' means and that some foods are healthier than others.
- I know how to help myself go to sleep and that sleep is good for me.
- I know what to do if I get lost and how to say NO to strangers.
- I know some ways to be a good friend.

Understanding

- I understand what challenge means.
- I can start to think about jobs I might do when I'm older.

- I am starting to understand that I need to be active to be healthy.
- I can tell you some of the things I need to do to be healthy.

Attitudes and Behaviour

- I am beginning to stay motivated when doing something challenging with support.
- I am beginning to work with a partner with support.
- I am beginning to have a positive attitude.
- I can keep trying until I can do something.
- I can set a goal and work towards it, with support.
- I am beginning to try to help others with their goals.
- I can feel proud when I achieve a goal.

- I can wash my hands and know it is important to do this before I eat and after I go to the toilet.
- I am beginning to make healthy choices with support.
- I try to eat a healthy and balanced diet with support.
- I try to be physically active.
- I try to keep myself safe with support.
- I try to keep calm and deal with difficult situations with support.
- I enjoy having friends.

NURSERY

PSHE curriculum

Term

Summer

Jigsaw Piece

Relationships

Changing Me

Knowledge

- I am beginning to know how to help themselves and others when they feel upset and hurt
- I know I belong to a family.
- I know what to say and do if somebody is mean to me.
- I am beginning to know how to make friends.
- I know how to help themselves and others when they feel upset and hurt.

- I know some food I can eat to keep me healthy.
- I know that we all start as babies and grow into children and then adults.
- I know that I grow and change.
- I am beginning to know who to ask for help if I am worried about change.

Understanding

- I can tell you about my family.
- I understand how to make friends if I feel lonely.
- I can tell you some of the things I like about my friends.

- I am beginning to understand that everyone is unique and special.
- I can tell you some things I can do.
- I am beginning to understand and respect the changes that I see in myself.
- I understand and respect the changes that they see in other people.

Attitudes and Behaviour

- I can use Calm Me time to manage my feelings.
- I can work together and enjoy being with my friends.
- I can try to solve friendship problems when they occur.
- I am beginning to show respect in how they treat others.

- I can name parts of my body and show respect for myself.
- I am beginning to express how I feel when change happens.
- I can talk about how I feel moving to School from Nursery.
- I am looking forward to change.
- I can remember some fun things about Nursery this year.

Reception

PSHE Knowledge

- To know different feelings
- To know some class rules
- To know how to play safely
- To play well with peers
- To know how to stay healthy
- To set goals
- To begin to feel proud and confident
- To know what responsibility means
- To know about stranger danger
- Beginning to show respect for others
- To know some changes that happen to us as we grow

PSHE Key Vocabulary

Feelings, happy, sad, rules, same, different, unique, proud, special, kind, goal, challenge, healthy, friend, special, change, responsible, compliment

RECEPTION

PSHE curriculum

Spring

Term

Jigsaw Piece

Being Me in My World

Celebrating Difference

Knowledge

- To know we are all similar and different.
- To know some feelings
- Begin to know what responsible means.

- I know we are all different but the same in some ways.
- I can tell you why my home is special to me.
- I can tell you how to be kind to a friend.
- I know some ways to help if someone is being bullied.
- I know what a compliment is.

Understanding

- Understand how it feels to belong
- I understand why it is good to be kind and use gentle hands.
- I am starting to understand children's rights and this means we should all be allowed to learn and play.
- I can beginning to think about everyone's right to learn.

- I understand that being different makes us all special.
- I know how to give and receive compliments.

Attitudes and Behaviour

- I try to help others to feel welcome.
- I can play together.
- I can begin to consider people's feelings
- I can use gentle hands.
- I try to make our Nursery/Pre-school community a better place.
- I am beginning to think about everyone's right to learn.
- I am beginning to care about other people's feelings.
- I am beginning to work with others.
- I am beginning to follow the rules of the classroom.

- I can identify something I am good at and understand everyone is good at different things.
- I can use words to stand up for myself when someone says or does something unkind.
- I accept that everyone is different.
- I can include others when working and playing.
- I can try to solve problems.
- I can use kind words.

RECEPTION

PSHE curriculum

Spring

Term

Jigsaw Piece

Dreams and Goals

Healthy Me

Knowledge

- I know how to use kind words to encourage people.
- I know what a goal is and some ways I can achieve it.

- I know which foods are healthy and not so healthy and can make healthy eating choices.
- I know how to help myself go to sleep and understand why sleep is good for me.
- I know what a stranger is and how to stay safe if a stranger approaches me.

Understanding

- I understand that if I persevere I can tackle challenges.
- I understand the link between what I learn now and the job I might like to do when I'm older.

- I understand that I need to exercise to keep my body healthy.
- I understand how moving and resting are good for my body.

Attitudes and Behaviour

- I am beginning to stay motivated when doing something challenging.
- I can keep trying, even though it is difficult.
- I am beginning to work with a partner.
- I have a positive attitude.
- I can tell you about a time I didn't give up until I achieved my goal.
- I can set a goal and work towards it.
- I can sometimes help others to achieve their goals.
- I am working hard to achieve my own dreams and goals.
- I can say how I feel when I achieve a goal and know what it means to feel proud.

- I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.
- I am beginning to make healthy choices.
- I try to eat a healthy and balanced diet.
- I am physically active.
- I try to keep myself safe.
- I try to keep calm and deal with difficult situations.
- I enjoy having friends and I am kind to my others.

RECEPTION

PSHE curriculum

Summer

Term

Jigsaw Piece

Relationships

Changing Me

Knowledge

- I know how to make friends.
- I know how to make friends to stop myself from feeling lonely.
- I know how to help myself and others when they feel upset and hurt
- Know what makes a good relationship.
- I know how to be a good friend.

- I can name parts of the body.
- I know some things I can do and foods I can eat to be healthy.
- I know who to ask for help if I am worried about change.

Understanding

- I can tell you about my family and what they do for me.
- I can identify some of the jobs I do in my family and how I feel like I belong.
- I am starting to understand the impact of unkind words.

- I understand that everyone is unique and special.
- I understand and respect the changes I see in myself.
- I understand that we all grow from babies to adults
- I understand and respect the changes that I see in other people.

Attitudes and Behaviour

- I can use Calm Me time to manage my feelings.
- I can work together and enjoy being with my friends.
- I can try to solve friendship problems when they occur.
- I am beginning to show respect in how they treat others.

- I can express how I feel when change happens.
- I can express how I feel about moving to Year 1.
- I can talk about my worries and/or the things I am looking forward to about being in Year 1.
- I am looking forward to change.
- I can share my memories of the best bits of this year in Reception.

Year One

PSHE Knowledge

To know a wider variety of feelings

To know class rules and why we need them

To know how to keep themselves safe, including stranger danger

To know that they belong to different groups

To know how to stay healthy, including mental health

To set goals

To feel proud and confident

To know what responsibility means and show responsibility for themselves and others

To show respect for themselves and others

To know changes that happen to us as we grow and begin to manage the feelings of change

To know what bullying is

To know what private parts of the body are and name them

PSHE Key Vocabulary

Feelings, happy, sad, rules, unique, proud, special, kind, goal, challenge, healthy, friend, special, changes, responsible, compliment, similarities, differences, bullying, relationships, community, penis, testicles, vagina, vulva, anus , challenge, achieve.

YEAR ONE

PSHE curriculum

Autumn

Term

Jigsaw Piece

Being Me in My World

Celebrating Difference

Knowledge

- I know that I belong in my class.
- I know how to make my class a safe place for everyone to learn.
- I recognise a range of feelings when I face certain consequences.
- I know my views are valued.

- I know some similarities and differences between people in my class.
- I can tell you some ways in which I am the same and different to my friends.
- I know what bullying is.
- I know how to help if someone is being bullied.
- I know some people I could talk to if I was feeling unhappy or being bullied.
- I know how to make new friends.
- I know how to give compliments.

Understanding

- I understand how it feels to belong and that others have the right to belong.
- I understand my choices.
- I understand the rights and responsibilities as a member of my class.
- I can think about everyone's right to learn.

- I understand how being bullied might feel.
- I can tell you some ways I am different to my friend and I understand these differences make us all special and unique.

Attitudes and Behaviour

- I can help others to feel welcome.
- I try to make our school community a better place.
- I care about other people's feelings and I can try to make them feel happy.
- I feel special and safe in my class.
- I recognise how it feels to be proud of my achievements.
- I can recognise the choices I make and understand the consequences.
- I can confidently work well with others.
- I choose to follow the rules of the classroom and the school.

- I can be kind to people who are being bullied.
- I know how it feels to make a new friend.
- I accept that everyone is different and that's good.
- I confidently include others when working and playing.
- I can solve problems.
- I regularly use kind words.

YEAR ONE

PSHE curriculum

SPRING

Term

Jigsaw Piece

Dreams and Goals

Healthy Me

Knowledge

- I know some ways to learn.
- I know how I feel when I'm face with a new challenge.

- I know how to make healthy lifestyle choices.
- I know how to keep myself clean and healthy, and understand how germs cause disease/illness
- I know that all household products including medicines can be harmful if not used properly.
- I know some ways to help myself when I feel poorly.
- I know how to keep safe when crossing the road, and about people who can help me to stay safe.

Understanding

- I understand how to work well with a partner.
- I can tackle a new challenge and understand this might stretch my learning.
- I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them.

- I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.
- I understand that medicines can help me if I feel poorly and I know how to use them safely.
- I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.

Attitudes and Behaviour

- I can stay motivated when doing something challenging.
- I keep trying, even though it is difficult.
- I work well with a partner.
- I have a positive attitude, even when my learning is difficult.
- I know how I feel when I'm face with a new challenge.
- I can set a goal and work out how to achieve it.
- I can tell you about a thing that I do well.
- I can help others to achieve their goals.
- I can tell you how I learn best.
- I can celebrate achievement with my partner.
- I can identify how I feel when I'm faced with a new challenge.
- I know how I feel when I see obstacles and how I feel when I overcome them.
- I can tell you how I felt when I succeeded in a new challenge and how I celebrated it.

- I can make healthy choices.
- I can eat a healthy and balanced diet.
- I feel good about myself when I make healthy choices.
- I enjoy being physically active.
- I know I am special so I keep myself safe.
- I know how to keep calm and deal with difficult situations.
- I can recognise when I feel frightened and know who to ask for help.
- I can recognise how being healthy helps me to feel happy.
- I know how to be a good friend and enjoy healthy relationships.

YEAR ONE

PSHE curriculum

Summer

Term

Jigsaw Piece

Relationships

Changing Me

Knowledge

- I know how to make a new friend.
- I know how it feels to belong to a family and care about the people who are important to me.
- I know appropriate ways of physical contact to greet my friends and know which ways I prefer.
- I know who can help me in my school community.
- I know when I need help and know how to ask for it.
- I am beginning to know how to help myself and others when they feel upset or hurt.
- I know and show what makes a good relationship.

- I know that changes are OK and that sometimes they will happen whether I want them to or not.
- I know and can tell you how my body has changed since I was a baby.
- I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus.
- I know who to ask for help if I am worried about change.
- I know some ways to cope with changes.

Understanding

- I can identify the members of my family and understand that there are lots of different types of families.
- I can identify what being a good friend means to me.
- I can recognise which forms of physical contact are acceptable and unacceptable to me.
- I know ways to praise myself.
- I can tell you why I appreciate someone who is special to me.

- I understand that everyone is unique and special.
- I am starting to understand the life cycles of animals and humans.
- I understand that changes happen as we grow and that this is OK.
- I can tell you some things about me that have changed and some things about me that have stayed the same.
- I understand and respect the changes that I see in myself.
- I understand that growing up is natural and that everybody grows at different rates.
- I understand and respect the changes that I see in other people.
- I understand that every time I learn something new I change a little bit.
- I can tell you about changes that have happened in my life.

Attitudes and Behaviour

- I can try to solve friendship problems when they occur.
- I can help others to feel part of a group.
- I can show respect in how I treat others.
- I can recognise my qualities as person and a friend.
- I can express how I feel about people who are special to me.

- I can express how they feel when change happens.
- I respect my body and understand which parts are private.
- I enjoy learning new things.
- I am looking forward to change.
- I can confidently share my memories of the best bits of this year in Reception.

Year Two

PSHE Knowledge

- To know a wider variety of feelings and care about the feelings of others
- To develop class rules and appropriate consequences
- To know how to keep themselves safe, including stranger danger
- To know boys and girls are different and that differences are good
- To know how to stay healthy, including mental health
- To set goals and know how to achieve them
- To know what responsibility means and show responsibility for themselves and others
- To know how to repair relationships and keep friends
- To know changes that happen to us as we grow and begin to manage the feelings of change
- To know that some changes are outside of their control and to manage feelings of change
- To know what bullying is and ways to get support or help others
- To know their bodies belong to them
- To know food groups and what they do for our bodies
- To know good and bad secrets

PSHE Key Vocabulary

Feelings, happy, sad, rules, unique, proud, special, kind, goal, challenge, healthy, friend, special, changes, responsible, compliment, similarities, differences, bullying, relationships, community, penis, testicles, vagina, vulva, anus , challenge, achieve, judge, secrets

YEAR TWO

PSHE curriculum

Autumn

Term

Jigsaw Piece

Being Me in My World

Celebrating Difference

Knowledge

- I can identify some hopes and fears for this year.
- I recognise when I feel worried and who I can ask for help.
- I know how to make my class a safe and fair place.
- I know my views are valued and I can value the ideas of others.
- I know that boys and girls are different.
- I can tell you how being bullied might feel.

- I know that boys and girls are different.
- I can tell you how being bullied might feel.
- I know what bullying is and some things I can do to stop it.
- I know how to help others who are being bullied.
- I confidently know how to help if someone is being bullied.
- I know many good qualities that make a good friend and I try to be good friend.
- I know how to give and receive compliments.

Understanding

- I understand the rights and responsibilities for being a member of my class and school.
- I understand how following the rules will help me and others learn.
- I recognise the choices I make and understand the consequences.
- I understand that everyone has a right to learn.

- I can tell you some ways I am different to my friends and I understand these differences make us special and unique.
- I understand that bullying is sometimes about difference.
- I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes).
- I understand some ways in which boys and girls and girls are different and accept that this is okay.
- I understand that it is okay to be different from other people and to be friends with them.
- I understand that we shouldn't judge people if they are different.

Attitudes and Behaviour

- I can listen to other people and contribute my own ideas about rewards and consequences.
- I can work co-operatively.
- I choose to follow the rules.
- I can confidently make others feel welcome.
- I make a contribution to making our school community a better place.
- I care about other people's feelings and I can try to make them feel happy.
- I can confidently work well with others, allowing and encouraging everyone to take part.
- I consistently choose to follow the rules of the classroom and the school and I can help others to do the same.

- I am kind to people who are being bullied.
- I know how it feels to be a friend and have a friend.
- I accept and value differences between people.
- I confidently include others when working in a group or a team.
- I can confidently solve problems.
- I am kind to others.

YEAR TWO

PSHE curriculum

Spring

Term

Jigsaw Piece

Dreams and Goals

Healthy Me

Knowledge

- I know how to share success with other people.
- I can tell you how working with other people helps me to learn.

- I know what I need to keep my body healthy.
- I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy.
- I know which foods are nutritious for my body.

Understanding

- I can recognise who I work well with and who it is more difficult for me to work with.
- I can tell you how working with other people helps me to learn.
- I can tell you some of my strengths as a learner.

- I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed.
- I can tell you when a feeling is weak and when a feeling is strong.
- I understand how medicines work in my body and how important it is to use them safely.
- I can make some healthy snacks and explain why they are good for my body.

Attitudes and Behaviour

- I stay motivated when doing something challenging.
- I keep trying and find solutions, even though it is difficult.
- I work well with a partner or in a group.
- I have a positive attitude, even when my learning is difficult.
- I confidently help others to achieve their goals.
- I can choose a realistic goal and think about how to achieve it.
- I can tell you things I have achieved and say how that makes me feel.
- I carry on trying (persevering) even when I find things difficult..
- I can work with others to solve problems.
- I can tell you how I felt when working in a group.
- I can tell you how being part of a successful group feels and I can store those feelings in my internal treasure chest.

- I am motivated to make healthy lifestyle choices
- I feel positive about caring for my body and keeping it healthy.
- I have a healthy relationship with food and know which foods I enjoy the most.
- I can express how it feels to share healthy food with my friends.
- I can decide which foods to eat to give my body energy.

YEAR TWO

PSHE curriculum

Summer

Term

Jigsaw Piece

Relationships

Changing Me

Knowledge

- I Know how to make and keep friends.
- I know which types of physical contact I like and don't like and can talk about this.
- I know some of the things that cause conflict with my friends.
- I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this.
- I Know how to help myself and others when they feel upset or hurt.
- I know and appreciate people who can help me in my family, my school and my community.
- I Know and show what makes a good relationship.

- I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private.
- I know who to ask for help if I am worried about change.

Understanding

- I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate.
- I understand that most people value their family.
- I can help others to feel part of a group.
- I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.

- I understand that everyone is unique and special.
- I can recognise cycles of life in nature.
- I understand there are some changes that are outside my control and can recognise how I feel about this.
- I can tell you about the natural process of growing from young to old and understand that this is not in my control.
- I can identify people I respect who are older than me.
- I understand and respect the changes that I see in myself.
- I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.
- I understand and respect the changes that I see in other people.
- I understand there are different types of touch and can tell you which ones I like and don't like.

YEAR TWO

PSHE curriculum

Summer

Term

Jigsaw Piece

Attitudes and Behaviour

Relationships

- I accept that everyone's family is different.
- I can solve friendship problems when they occur.
- I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not.
- I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends.
- I understand how it feels to trust someone.
- I can express my appreciation for the people in my special relationships.
- I am comfortable accepting appreciation from others.

Changing Me

- I can express how they feel when change happens.
- I feel proud about becoming more independent.
- I can tell you what I like/don't like about being a boy/girl.
- I am confident to say what I like and don't like and can ask for help.
- I am looking forward to change.
- I can identify what I am looking forward to when I move to my next class.
- I can start to think about changes I will make when I am in Year 3 and know how to go about this.