



**Changing Me**

Know the names and functions of some parts of the body  
 Know that we grow from baby to adult and how.  
 Know who to talk to if they are feeling worried  
 Know that sharing how they feel can help solve a worry  
 Know that remembering happy times can help us move on  
 Exploring ways to deal with transition and change.  
 Can identify positive memories from the past year in school/ home

Summer 2

Building positive, healthy relationships.

Know what a family is.  
 Know some of the characteristics of healthy and safe friendship.  
 Know that friends sometimes fall out and use different ways to mend a friendship.  
 Recognise what being angry feels like.  
 Know that unkind words can never be taken back and they can hurt  
 Can use methods to calm themselves when angry or upset.

Summer 1

**Relationships**

**Dreams and Goals**

Know what a challenge is.  
 Know what a goal is and how to achieve them.  
 Importance of resilience.  
 Talk about what they would like to do when they are older.  
 Recognise feelings linked to perseverance.  
 Recognise that kind words can encourage people.

Spring 1

**Healthy Me**

Know how to keep their bodies healthy, e.g. through eating, exercise, sleep and keeping clean.  
 Know who 'safe people' are, what to do if they get lost and how to say no to strangers.  
 Can give examples of healthy food.

Spring 2

Being and keeping safe and healthy

**Celebrating difference**

Know that they and others can be good at different things.  
 Understand what being proud means.  
 Recognise similarities and differences between their family and others.  
 Know how to stand up for themselves.  
 Recognise emotions such as frightened and angry in themselves and others.  
 Know that having friends is important.

Autumn 2

**Celebrating Difference**



Autumn 1

**Being me in my World**

Know special things about themselves and that others are different.  
 Know they have a right to learn and play, safely and happily  
 Identify feelings associated with belonging.  
 Identify feelings of happiness and sadness.  
 Play cooperatively with others  
 Consider others' feelings.  
 Learn our class and school rules and try to follow them.



Shows care and concern for living things and the environment, noticing changes.  
 Show curiosity in how things work.

Caring for living things

**Changes**

Summer 1

Summer 2

I am visiting Reception

Making Healthy food choices.



I can help plant seeds and show understanding of how to care for growing plants.  
 I am learning where my food comes from.  
 I know I need exercise to stay healthy.

I am starting to understand some key similarities and differences between others and the way they celebrate.  
 I am beginning to play with others.  
 I can express my likes and dislikes.



**Keeping Healthy**

Spring 2

**Nursery**

Begin to share care and concern for others.

I can seek out others to share experiences with.  
 I follow nursery routines and join in with activities.

**Light & Dark Celebrations**

Autumn 2

Understand some key similarities and differences.



Spring 1

**Making Friends**



Keeping Safe near the road and in the dark.

I am getting to know my key worker in Nursery.  
 I can name people in my family.  
 I can go to my key worker if I need help or I am upset.

Autumn 1

**Ourselves & Feelings**

Who is special to me and how do I feel?