



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery PSED	Become more outgoing with unfamiliar people Play with one or more other children Increasingly follow rules	Talk about their feelings Play with one or more other children Develop friendships	Play with increasing confidence on their own and with other children Develop friendships Begin to show 'effort control'. For example, waiting for a turn and resisting impulse to grab or Talk about their feelings in more elaborated ways: "I'm sad because..." Develop sense of responsibility and membership of a community Become more outgoing with unfamiliar people, in the safe context of their setting.	Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one, which is suggested to them. Talk with others to solve conflicts Talk about their feelings in more elaborated ways: "I'm sad because..." Does the child take part in other pretend play with different roles? Building Relationships	Increasingly follow rules, understanding why they are important. Talk with others to solve conflicts Does the child take part in other pretend play with different roles? Begin to understand how others might be feeling	Increasingly follow rules, understanding why they are important. Help find solutions to conflicts Show more confidence in new social situations Become more outgoing with unfamiliar people, in the safe context of their setting

			Show more confidence in new social situations.			
<u>Vocabulary</u>	Kind, Gentle, Friend, Similar, Different, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns, Different, Differences, Special, Proud, Friends, Kind, Same, Happy, Sad, Frightened, Angry, Family, Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing.					
<u>Reception</u> <u>4-5 years</u>	Being Me in My World Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Celebrating Differences Identifying talents Being special Families Where we live Making friends Standing up for yourself	Dreams and Goals Challenges Perseverance Achieving and setting goals Overcoming obstacles Seeking help Jobs	Healthy Me Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Relationships Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Changing Me Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
<u>Vocabulary</u>	Different Feeling Nervous Responsibility Turn taking Angry Choice Excited friend Happy Kind Learn Gentle Friend Right Sad Share Similar unique	Family Friends Different Differences Similar Similarities Friendship frightened	achieve challenge difficult dreams encourage keep trying persevere reward frustrated Future earn goal job kind proud skills	asleep challenge exercise healthy hygiene movement less healthy stranger worried unexpected unplanned clean germs rest safe j scared sleep teeth stretch	family friends relationships lonely jobs argue angry upset feelings Calm Me	change worry excited memories healthy eyeb row forehead tongue finger stomach grown-up eye foot ear mouth arm leg chest knee nose toe hand baby adult

<u>Year One</u> <u>5-6 years</u>	Being Me in My World • Feeling special and safe • Being part of a class • Rights and responsibilities • Rewards and Feeling proud • Consequences • Owning the learning • charter	Celebrating Differences Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Dreams and Goals Seeing goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Healthy Me Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/ safety with household items Road safety Linking health and happiness	Relationships Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Changing Me Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
<u>Vocabulary</u>	achievement belong calm choice consequences disappointed feelings learn learning charter proud responsibilities rewards rights safe special upset views valued	Unfair bully bullying celebration courtesy courage deliberate difference harmful inclusive included lonely manners on purpose safe similarity special support unique	achieve achievement active celebrate challenge confidence dreams feelings goal happiness internal learning obstacle overcome proud process rest self-respect special success Group team work working together	balanced bacteria body parts choices clean crossing ears exercise eyes germs healthy hygienic keeping clean less healthy listen look medicines nervous safe scared Group sleep soap traffic trust unhealthy virus wait kerb	appreciate belong celebrate community confidence different dislike family feel feelings friendship friends greeting help helpful incredible kind like praise proud qualities relationship same skills special texture touch	adult adulthood anus anxious baby change coping curious excited feelings female grow growing up growth happy learn life cycle male nervous penis proud testicles vulva worried

				pavement traffic lights		
<u>Year 2</u> <u>6-7 years</u>	Being Me in My World Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Celebrating Differences Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Celebrating difference	Dreams and Goals Achieving realistic goals Staying healthy to achieve goals Perseverance and strengths Learning with others Group co-operation Contributing to and sharing success	Healthy Me Motivation Healthier choices Healthy eating and nutrition Safety in the home Safety out and about Medicines	Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Changing Me Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
<u>Vocabulary</u>	actions assertive belong belonging boundaries choices consequence controlling contributions fair fears hopes Learning Charter negative positive praise problem solving	assumptions belong boundary boys bully bystander culture courtesy difference disability fairness family feelings female friends girls help identity included inclusive kind lonely male on purpose	achievement calm celebrate challenge community courtesy dream feelings goal group health healthy choice hobbies interest learning together lifestyle manners motivation partner proud realistic	assess balanced diet barriers body choices crossing dangerous energy hazard healthy medicines nutritious portion react risk safe scared stop, drop, roll unhealthy worry	acceptable adult appreciate celebrate communication compliment conflict cooperate different dislike diverse family frightened friends good secret happy honesty hug like negative	adult anus anxious baby change child cope comfortable control dislike elderly excited female freedom fully grown growing up independent life cycle looking forward male nervous older penis physical private public

	responsibilities reward rights safe worried worries	respect self- respect similarities special stereotypes support teasing unkind unique valued	relax safety self- care self-esteem stress success team work tense wellbeing		not acceptable physical contact point of view positive problem solving relationship reliability secret special stereotype surprise touch trust worry secret	respect responsibilities teenager testicles texture toddler touch uncomfortable vagina vulva young assertive
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