



PSHE EYFS - KS1

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Specific Area of Learning</p> <p style="text-align: center; font-weight: bold;">PSED</p>	<p style="text-align: center;">ELG 3 <i>Self-Regulation</i></p>	<p style="text-align: center;">How this is achieved in EYFS</p>	<p style="text-align: center;">PSHE KS1</p>
	<ul style="list-style-type: none"> ● Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; ● Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; ● Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. 	<ul style="list-style-type: none"> ● Separating from parents/main carers comfortably. ● Encouragement to play alongside other children and develop positive relationships with Nursery adults. ● Support and encouragement in taking turns in activities and feelings of others. ● School rules introduced and regularly enforced. ● Looking at making relationships and following routines. ● Understanding feelings - linked to books read in Literacy. ● Self regulation techniques. ● Friendship discussions and lessons - based on books read in Literacy. ● Empathise with characters in a variety of stories during class reading. 	<p>Physical health and wellbeing</p> <ul style="list-style-type: none"> ● Year 1 - Fun times <ul style="list-style-type: none"> ○ About food that is associated with special times, in different cultures ○ About active playground games from around the world ○ About sun-safety ● Year 2 - <i>What keeps me healthy?</i> <ul style="list-style-type: none"> ○ About eating well ○ About the importance of physical activity, sleep and rest ○ About people who can help us to stay healthy and well and about basic health and hygiene routines
	<p style="text-align: center;">ELG 4 <i>Managing Self</i></p>	<ul style="list-style-type: none"> ● Support in understanding children's own feelings and others around them. ● Support with transitions. 	<p>Keeping safe and managing risk</p> <ul style="list-style-type: none"> ● Year 1 - <i>Feeling safe</i> <ul style="list-style-type: none"> ○ Safety in familiar situations ○ About personal safety ○ About people who help keep them safe outside the home ● Year 2 - <i>Indoors and outdoors</i> <ul style="list-style-type: none"> ○ About keeping safe in the home, including fire safety ○ About keeping safe outside ○ About road safety
<ul style="list-style-type: none"> ● Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; ● Explain the reasons for rules, know right from wrong and try to behave accordingly; ● Manage their own basic hygiene and personal needs, including dressing, going to the toilet and 		<p>Identity, society and equality</p> <ul style="list-style-type: none"> ● Year 1 - <i>Me and others</i> <ul style="list-style-type: none"> ○ About what makes themselves and others special ○ About roles and responsibilities at home and school 	



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	<p>understanding the importance of healthy food choices.</p>		<ul style="list-style-type: none"> ○ About being cooperative with others <p>Drug, alcohol and tobacco education</p> <ul style="list-style-type: none"> ● Year 1 - <i>What do we put into and onto bodies?</i> <ul style="list-style-type: none"> ○ About what can go into bodies and how it can make people feel ○ About what can go on to bodies and how it can make people feel ● Year 2 - <i>Medicines and me</i> <ul style="list-style-type: none"> ○ Why medicines are taken ○ Where medicines come from ○ About keeping themselves safe around medicines <p>Mental health and emotional wellbeing</p> <ul style="list-style-type: none"> ● Year 1 - <i>Feelings</i> <ul style="list-style-type: none"> ○ About different types of feelings ○ About managing different feelings ○ About change or loss and how this can feel ● Year 2 - <i>Friendship</i> <ul style="list-style-type: none"> ○ About the importance of special people in their lives ○ About making friends and who can help with friendships ○ About solving problems that might arise with friendships <p>Careers, financial capability and economic wellbeing</p> <ul style="list-style-type: none"> ● Year 1 - <i>My money</i> <ul style="list-style-type: none"> ○ About where money comes from and making choices when spending money ○ About saving money and how to keep it safe ○ About the different jobs people do <p>Sex and relationship education</p> <ul style="list-style-type: none"> ● Year 2 - <i>Boys and girls, families</i> <ul style="list-style-type: none"> ○ Understand and respect the differences and similarities between people
	<p style="text-align: center;">ELG 4 <i>Building Relationships</i></p>		
	<ul style="list-style-type: none"> ● Work and play cooperatively and take turns with others; ● Form positive attachments to adults and friendships with peers; ● Show sensitivity to their own and to others' needs. 		
	<p style="text-align: center;">Key vocabulary to be developed in EYFS</p>		
	<p>Happy, sad, scared, tired, hungry, worried, calm down, time out, anxious, surprised, angry, feelings, Wash, toothbrush, healthy, sick, help, independent, resilient, persevere, challenge, trying, rules, follow, teams, hygiene, clean, dirty, wet, dry, Friends, friendship, family, positive, turn taking, sharing, like, dislike.</p>		



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			<ul style="list-style-type: none">○ About the biological differences between male and female animals and their role in the life cycle○ The biological differences between male and female children○ About growing from young to old and that they are growing and changing○ That everybody needs to be cared for and ways in which they care for others○ About different types of family and how their home life is special
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