



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
General Themes	All About Me	Light and Dark	Antarctic Explorers	Where do we Live?	Come Outside	Fun at the Seaside
Personal, Social and Emotional Development	<p>Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.</p> <p><i>"Self-regulatory skills can be defined as the ability of children to manage their own behaviour and aspects of their learning. In the early years, efforts to develop self-regulation often seek to improve levels of self-control and reduce impulsivity. Activities typically include supporting children in articulating their plans and learning strategies and reviewing what they have done." Education Endowment Foundation.</i></p>					
Managing Self Self-Regulation Building Relationships Vocabulary (including but not limited to) Happy, sad, scared, worried, excited, nervous, jealous, shocked, frustrated, anxious, proud, kindness, considerate, support, choices, calm, emotions, feelings, more healthy, less healthy, germs, hygiene, listen, question, community, family, share, taking turns, patience, instructions, challenge, risk, curious, resilient, determined, well-being.	New Beginnings. See themselves and others as valuable individuals, building respectful relationships. Being me in my world-find out all about the child and their interests. Introduce class Rule Rules and Routines, encouraging children to think of their own rules. Supporting children to build relationships. Emotions-encouraging children to talk about when they are hurt or distressed. Children learn how to stay fit and healthy practicing good personal hygiene.	Building relationships, encouraging the children to listen to each other. Teaching children how to deal with emotions. Self - Confidence, help children to set own goals. Celebrating kindness. Ask children to explain to others how they thought about a problem or an emotion and how they dealt with it. Circle time to discuss how we solve problems and deal with challenges.	Good to be me Feelings, children to talk about and share how they are feeling. Learning about and recognizing qualities and differences in themselves and others. Celebrating differences, understanding that it is good to be different. Identify and moderate their own feelings socially and emotionally. Encourage them to think about their own feelings and those of others by giving explicit examples of how others might feel scenarios.	Forming good relationships. Children to discuss what makes a good friend? Healthy me-understanding the different factors that support health and well-being. Children to recognize random acts of Kindness. To know how to look After our Planet and understand why this is important. Give children strategies for staying calm in the face of frustration. Talk them through why we take turns, wait politely, tidy up after ourselves and so on.	Looking after others, children to develop care and concern for their peers. To build positive friendships and work towards solving conflict. Children to share dreams and goals. Show resilience and perseverance in the face of challenge. Discuss why we take turns, wait politely, tidy up after ourselves. Caring for plants and animals and understanding why this is important. Working cooperatively in a team.	Taking part in sports day - Winning and loosing and supporting one another. Changing me Look how far I've come! Can discuss what they have achieved this year and future goals and wishes. Model positive behaviour and highlight exemplary behaviour of children in class, narrating what was kind and considerate about the behaviour- bucket filling certificates. Children to demonstrate a healthy attitude- hand washing, exercise, teeth cleaning and healthy eating. Children to have made close friendships showing respect and kindness.