



PSHE Long Term Objectives



EYFS

Autumn

Termly Objectives

Being Me in My World

- I understand how it feels to belong and that we are similar and different
- I understand how feeling happy and sad can be expressed
- I can use gentle hands and understand that it is good to be kind to people
- I am starting to understand children's rights and this means we should all be allowed to learn and play
- I am learning what being responsible means

Development Matters: 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.

Increasingly follow rules, understanding why they are important.

School Readiness-I can confidently say goodbye when I am left with an adult that I know will look after me.

Celebrating Difference

- I know how it feels to be proud of something I am good at.
- I can tell you one way I am special and unique.
- I know that all families are different.
- I know there are lots of different houses and homes.
- I can tell you how I could make new friends.
- I can use my words to stand up for myself

Development Matters: Become more outgoing with unfamiliar people, in the safe context of their setting.

Play with one or more other children.

Develop their sense of responsibility and membership of a community.

School Readiness-I will happily talk to adults and children.

I can tidy up after myself and look after my things.

Being Me in My World

- I understand how it feels to belong and that we are similar and different
- I can start to recognise and manage my feelings
- I enjoy working with others to make school a good place to be
- 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 am learning what being responsible means

Development Matters

- See themselves as a valuable individual

Celebrating Difference

- I can identify something I am good at and understand everyone is good at different things
- I understand that being different makes us all special
- I know we are all different but the same in some ways
- I can tell you why I think my home is special to me
- I can tell you how to be a kind friend
- I know which words to use to stand up for myself when someone says or does something unkind
- Development Matters: Express their feelings and consider the feelings of others.
- Identify and moderate their own feelings socially and emotionally.

Development Matters:

- Express their feelings and consider the feelings of others.
- Identify and moderate their own feelings socially and emotionally.



PSHE Long Term Objectives



Spring

Termly Objectives

Dreams and Goals

- I understand what a challenge means
- I can keep trying until I can do something
- I can set a goal and work towards it
- I know some kind words to encourage people with
- I can start to think about the jobs I might like to do when I'm older
- I can feel proud when I achieve a goal

Development Matters:

- Extending and elaborating play ideas.
- Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'
- Become more outgoing with unfamiliar people, in the safe context of their setting.

*School Readiness-I can share and take turns in a group.
I can follow rules at Nursery*

Healthy Me

- I know the names for some parts of my body and 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
- 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 can wash my hands and know it is important to do this before I eat and after I go to the toilet
- I know what to do if I get lost and how to say NO to strangers

Development Matters:

- Understand gradually how others might be feeling.
- Show more confidence in new social situations.
- Be increasingly independent in meeting their own care needs, e.g., brushing teeth, using the toilet, washing and drying their hands thoroughly.
- Make healthy choices about food, drink, activity and toothbrushing.

School Readiness-

- I am happy to speak to others about my wants, needs and feelings
- I can feed myself and enjoy a range of healthy foods.

Dreams and Goals

- I understand that if I persevere I can tackle challenges
- 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 use kind words to encourage people
- I understand the link between what I learn now and the job I might like to do when I'm older
- I can say how I feel when I achieve a goal and know what it means to feel proud

Development Matters:

- Show resilience and perseverance in the face of challenge.
- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;

ELG-Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;

ELG-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.

Healthy Me

- I understand that I need to exercise to keep my body healthy
- I understand how moving and resting are good for my body
- 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 can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet
- I know what a stranger is and how to stay safe if a stranger approaches me

Development Matters: Manage their own needs.

- Personal hygiene
- Know and talk about the different factors that support their overall health and wellbeing:
- regular physical activity
 - healthy eating
 - toothbrushing
 - sensible amounts of 'screen time'
 - having a good sleep routine and being a safe pedestrian

ELG-Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.



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Summer

Termly Objectives



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Relationships

- 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 know what to say and do if somebody is mean to me
- I can use Calm Me time to manage my feelings
- I can work together and enjoy being with my friends

Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.

Remember rules without needing an adult to remind them.

Links to SR – I have made good friends and can happily talk to other children and adults.

Changing Me

- I can name parts of my body and show respect for myself
- I can tell you some things I can do and some food I can eat to be healthy
- I understand that we all start as babies and grow into children and then adults
- I know that I grow and change
- I can talk about how I feel moving to School from Nursery
- I can remember some fun things about Nursery this year
- Talk with others to solve conflicts.
- Develop appropriate ways of being assertive.

Relationships

- I can identify some of the jobs I do in my family and how I feel like I belong
- I know how to make friends to stop myself from feeling lonely
- I can think of ways to solve problems and stay friends
- I am starting to understand the impact of unkind words
- I can use Calm Me time to manage my feelings
- I know how to be a good friend

Development Matters:

- Build constructive and respectful relationships.
- Think about the perspectives of others.

ELG- - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;

ELG- Explain the reasons for rules, know right from wrong and try to behave accordingly;

ELG- Work and play cooperatively and take turns with others;

ELG-Form positive attachments to adults and friendships with peers;

ELG-Show sensitivity to their own and to others' need

Changing Me

- I can name parts of the body
- I can tell you some things I can do and foods I can eat to be healthy
- I understand that we all grow from babies to adults
- 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 can share my memories of the best bits of this year in Reception

ELG-ALL



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