

PSHE & RSE Skills Document

	Nursery	Reception	Year 1	Year 2
Being me in my world	Understanding feelings Being in a classroom Being gentle	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings
Celebrating Differences	Being special Families Where we live Making friends	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends
Dreams & Goals	Challenges Perseverance	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Setting 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	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success
Healthy Me	Exercising bodies Physical activity	Exercising bodies Physical activity	Keeping myself healthy Healthier lifestyle choices	Motivation Healthier choices

	<p>Healthy food Sleep Keeping clean Safety</p>	<p>Healthy food Sleep Keeping clean Safety</p> <p>(building upon those skills adopted in Nursery)</p>	<p>Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness</p>	<p>Relaxation Healthy eating and nutrition Healthier snacks and sharing food</p>
Relationships	<p>Family life Friendships Being a good friend</p>	<p>Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend</p> <p>(building upon those skills adopted in Nursery)</p>	<p>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</p>	<p>Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships</p>
Changing me	<p>Bodies Celebrations</p>	<p>Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p>	<p>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</p>	<p>Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition</p>