Nursery PSHE Coverage Autumn 1

Me and My Relationships

|  |  |
| --- | --- |
| Marvellous Me (2 weeks) |  * Understand that classroom rules help everyone to learn and be safe;
* Explain their classroom rules and be able to contribute to making these
 |
| I’m special (2 weeks) | * Speak positively about themselves
* Name different feelings and possible causes
* Name some key adults who can help them when feeling sad/worried/scared
 |
| People who are special to me (2 weeks) | * Talk about their families and special people
* Name those who care for them and keep them safe
* Describe the different types of homes
* Understand that some families are different from theirs, but these families also love and care for one another
 |

Nursery PSHE Coverage Autumn 2

Keeping Myself Safe

|  |  |
| --- | --- |
| Protective Behaviours Lesson 1Feeling Safe | * Talk about and show how they feel
* Know when they feel safe
* Know when they feel happy
 |
| Protective Behaviours Lesson 2Feeling Unsafe | * Know when they don’t feel safe
* Recognize where early warning signs are in my body
* Know it’s important to tell an adult when they don’t feel safe
 |
| Protective Behaviours Lesson 3Body Awareness | * Name all the parts of their body including parts which are private - penis, vulva, vagina, anus, bottom, breast, nipples
* Know to tell someone if they don’t like the way someone touches them
 |
| Protective Behaviours Lesson 4Networks and Telling | * Say when they need help and know who to ask
* Understand that if they are worried about something they can talk to a trusted adult
 |
| People Who Help to Keep Me Safe | * Name key relatives/care givers at home and those who care for them in their education settings
* Recognise a 'funny tummy' feeling when something feels wrong or unsafe and say what to do
* Talk about what makes them feel safe
* Explain what they should do if they feel unsafe
 |
| Safety Indoors and Outdoors | * Recognise potential dangers and how to stay safe, inside and outside
 |
| What’s Safe to Go into My Body | * Know which products in the home are to be used only by adults
* Sort items according to their use and purpose
* Learn the importance of keeping safe around medicines and unknown products
* Explain who can give medicine to children and why
 |

Nursery PSHE Coverage Spring 1

Valuing Difference

|  |  |
| --- | --- |
| Me and My Friends | * Recognise that there are differences and similarities between themselves
* Celebrate their friends and include them
* Understand people have different cultures and religions
* Talk about the similarities and differences amongst their peers
* Talk about the things they and their friends are good at
* Spot similarities and differences in nature
 |
| Friends and Family | * Understand that having differences between us is a good thing
* Notice and talk about differences in nature
* Recognise the differences within and amongst families
 |
| Including Everyone | * Explore and use different materials
* Show kindness by including their friends
* Talk about how to help those who are in need
 |

Nursery PSHE Coverage Spring 2

Rights and Responsibilities

|  |  |
| --- | --- |
| Looking After Myself | * Talk about how healthy food and keeping clean can help our bodies
* Name some healthy foods
* Try new experiences
 |
| Looking After Others | * Name some activities that they can do to help out at home
* Talk about how they can look after other members of their family
* Talk about how they can look after their friends
 |
| Looking After My Environment | * Show care and responsibility for their home and learning environments
* Talk about what is special within the natural world
* Name some ways in which they can help their world
 |

Nursery PSHE Coverage Summer 1

Being My Best

|  |  |
| --- | --- |
|  | * Talk about healthy choices and activities
* Develop resilience and persistence in their learning
* Working cooperatively with others when faced with a challenge
 |
| What Does My Body Need? | * Name what their bodies need for energy (food, water, exercise, sleep)
* Describe how they feel when they don’t have enough food, water, exercise or sleep
* Make healthy choices independently, in their home or education setting
 |
| I can Keep Trying | * Explain how people might feel if they find something hard
* Suggest ways to encourage others to keep going
* Have a go at challenging themselves
 |
| I Can Do It | * Develop skills in planning, reviewing applying a trial and error approach
* Explore activities that they wouldn’t normally try, pushing the boundaries of their comfort zone
* Communicate with others by sharing with and listening to each other's ideas
 |

Nursery PSHE Coverage Summer 2

Growing and Changing

|  |  |
| --- | --- |
|  | **Overarching learning intentions across this unit**Children will be able to:* Talk about change in the environment
* Describe the changes in babies, young animals and plants as they grow
* Broaden their expectations beyond potential stereotypes of what girls and boys like, do or look like
 |
| Growing and Changing in Nature | *
* Describe seasonal changes
* Use key vocabulary relating to natural change, e.g. weather, seasons, cold, hot
* Describe the life cycle of an animal
 |
| When I was a Baby | * Talk about how babies change as they grow
* Explain what babies need and how this changes as they grow
* Share their own experiences and listen to those of the others
 |
| Girls, boys and families | * Talk about the similarities and differences between the males and females
* Begin to play inclusively with their friends, regardless of their sex (if not already doing so)
* Think differently and more openly about what a family may look like
 |