Nursery PSHE Coverage Autumn 1

Me and My Relationships

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| 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

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| Protective Behaviours Lesson 1  Feeling Safe | * Talk about and show how they feel * Know when they feel safe * Know when they feel happy |
| Protective Behaviours Lesson 2  Feeling 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 3  Body 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 4  Networks 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

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| 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

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| 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

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|  | * 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

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|  | **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 |