



## KEY SKILLS / KNOWLEDGE IN PSHE



	CUBS	BEARS	RECEPTION	YEAR 1	YEAR 2
	(22-36m)	(30-50m)	(40-6om)		
AUT 1	<ul> <li>Join in with activities</li> <li>Separate from their care giver</li> </ul>	Joining in	<ul> <li>Talking about feelings and emotions</li> <li>Increased self-confidence and awareness</li> </ul>	<ul> <li>Understanding what being safe means</li> <li>Gaining a sense of pride</li> <li>Setting rules</li> </ul>	<ul> <li>Recognise when worried</li> <li>Ask for help</li> <li>Identify hopes and fears</li> </ul>
AUT 2	Jigsaw – Celebrating Differences  Being able to adapt to their new environment Understand not to throw, tip, empty all resources.  Moving from one area to another – with adult support to explore areas.	Jigsaw – Celebrating Differences  Form relationships with peers.  Selects activities and resources more independently.	Jigsaw – Celebrating Differences.  Talk about: what they are good at, families, friends- how are we similar and different, their home, what we like, how to care for elderly.  Anti-Bullying	Jigsaw – Celebrating Differences Identifying similarities and differences Understand bullying and how to deal with it Identify and celebrate differences	Jigsaw – Celebrating Differences Accept everyone is different, include others Recognise right and wrong Give and receive compliments
SPR <sub>3</sub>	Jigsaw – Dreams and Goals Begin to be aware of others around them  Understand that not all things are theirs. Sharing with lots of support and modelling from an adult. Begin to be more aware of rules and boundaries.	Jigsaw – Dreams and Goals  Show care and concern for others – 'kind, help, happy, sad'  Welcomes and values praise	Jigsaw – Dreams and Goals, Motivation,  talk about how they achieve their goals.  Say what they'd like to do when they grow up.	Jigsaw – Dreams and Goals To set goals To identify successes and achievements To work in parners To tackle a challenge To overcome obstacles To feel success	Jigsaw – Dreams and Goals To talk about and set realistic goals Developing perseverance Learning strengths Group co-operation To contribute to and share success
SPR 4	Jigsaw- Healthy Me Begin to be aware of others around them Understand that not all things are theirs. Sharing with support from an adult. Begin to be more aware of rules and boundaries.	Jigsaw- Healthy Me Plays appropriately with others Can talk to others more open and freely. Begin to understand how we stay healthy	<ul> <li>Jigsaw- Healthy Me.</li> <li>Talk about healthy choices and how we keep safe.</li> <li>Safety rules in the community, in the home with medicines.</li> </ul>	Jigsaw- Healthy Me To make healthier lifestyle choices To keep clean To understand what being safe means To understand medicine safety / road safety To make the links between health and happiness	Jigsaw- Healthy Me To be able to make healthy choices To understand relaxation To understand healthier snacks and sharing of food
SUM 5	Jigsaw - Relationships Be more sensitive to others feelings – showing care and concern to others.  Be confident in their environment with unfamiliar adults.  Be more able to share-without reminders, waiting and taking turns.	Jigsaw – Relationships  • Aware of their own feelings and are aware of their own actions and words and how they can effect others feelings.	Jigsaw – Relationships,  ■ talk about making friends, explain how to show respect to others.	Jigsaw – Relationships  I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.  I can give examples of behaviour in other people that I appreciate and behaviours that I don't like	Jigsaw – Relationships  I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.  I can give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships
SUM 6	Jigsaw – Changing Me Sensitive to others feelings – showing care and concern to others.  Be confident in their environment with unfamiliar adults. Feeling positive and ready for transition. Willingly share-without reminders, waiting and taking turns.	Jigsaw – Changing Me  Talk about feelings related to starting school.  Talk about what they liked, didn't like.  Reflect on their time in nursery. Say: 'I like'	Jigsaw – Changing Me  Talk confidently about how they've changed over the year.  Growing up – changes. Talk about their feelings related to starting year 1.	CHANGING ME     Changes that happen when we grow     Know which parts of the body are private	CHANGING ME:  To explore what makes them happy.  The importance of friendship. Goals, inspirational and values.