

EYFS - Progression of Knowledge and Skills PSHE

Term	Knowledge	Skills
<p style="text-align: center;">Autumn 1 Topic: Me and My Relationships</p>	<ul style="list-style-type: none"> • about similarities and differences. • who can help me if I am sad, worried or scared. • ways to help others if they are sad or worried. 	<ul style="list-style-type: none"> • Talk about special people in my life. • Talk about my interests. • Talk about my family. • Talk about why I am the same or different to other people. • Name key people who look after me. • Talk about how people's bodies and feelings can be hurt.
<p style="text-align: center;">Autumn 2 Topic: Valuing Difference</p>	<ul style="list-style-type: none"> • the importance of showing care and kindness towards others. • that we can have things in common with others. • how to be a good friend.S • how to stay safe at home, in the classroom and outside. • what to do if I feel unsafe. • which adults keep me safe. 	<ul style="list-style-type: none"> • Share my likes and dislikes. • Talk positively about myself and others. • Talk about my family. • Talk about how we can be kind to others. • Talk about how to keep my body healthy and safe. • Discuss safe ways to store medicine.

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Spring 1 Topic: Keeping Safe	<ul style="list-style-type: none"> • which are hazards and how to stay safe. 	<ul style="list-style-type: none"> • Talk about what makes the world special and beautiful.
Spring 2 Topic: Rights and Respect	<ul style="list-style-type: none"> • how to care for other people. • how to help and take care of the environment. 	<ul style="list-style-type: none"> • Name ways we can help look after the environment.
Summer 1 Topic: Being my Best	<ul style="list-style-type: none"> • different types of feelings. • that I can make healthy choices. • how healthy choices keep us well and can name them. • why our bodies need sleep. 	<ul style="list-style-type: none"> • feel resilient and confident in my learning. • celebrate the successes of my friends. • understand that some skills take time to learn. • explain the jobs of different food groups. • name some activities that promote mental health.

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<p>Summer 2 Topic: Growing and Changing</p>	<ul style="list-style-type: none"> • that there are changes in nature and in humans. • the different stages in childhood and growing up. • how to keep myself safe. • that animals and humans change in appearance over time. 	<ul style="list-style-type: none"> • name the different seasons and describe the difference. • make observations about living things. • use the correct vocabulary to describe the different stages of a life cycle. • talk about how I have changed since I was a baby.