

Autumn 1 Being Me	Spring 1 Digital Me	Summer 1 Healthy Me
<p><u>How can I manage my feelings?</u></p> <p><u>Making relationships</u></p> <ul style="list-style-type: none"> Initiates conversations, attends to and takes account of what others say. <p><u>Self-confidence and self-awareness:</u></p> <ul style="list-style-type: none"> Can describe self in positive terms and talk about abilities. Say when they do or don't need help <p><u>Managing feelings and behaviour</u></p> <ul style="list-style-type: none"> Aware of own feelings, and knows that some actions and words can hurt others' feelings. Aware of the boundaries set, and of behavioural expectations in the setting. 	<p><u>Why do we have to be careful?</u></p> <p><u>Making relationships</u></p> <ul style="list-style-type: none"> Explains own knowledge and understanding, and asks appropriate questions of others. <p><u>Self-confidence and self-awareness:</u></p> <ul style="list-style-type: none"> Confident to try new activities, and say why they like some activities more than others. <p><u>Managing feelings and behaviour</u></p> <ul style="list-style-type: none"> Aware of the boundaries set, and of behavioural expectations in the setting. 	<p><u>What is being healthy?</u></p> <p><u>Physical Development: Health and Self-care</u></p> <ul style="list-style-type: none"> Know the importance for good health and physical exercise and a healthy diet. <p><u>Self-confidence and self-awareness:</u></p> <ul style="list-style-type: none"> Confident to try new activities, and say why they like some activities more than others. <p><u>Managing feelings and behaviour</u></p> <ul style="list-style-type: none"> Adjust their behaviour to different situations, and take changes of routine in their stride.
Autumn 2 Celebrating Differences	Spring 2 Changing Me	Summer 1 The World and Me
<p><u>How are we different?</u></p> <p><u>Making relationships</u></p> <ul style="list-style-type: none"> Takes steps to resolve conflicts with other children, e.g. finding a compromise. <p><u>Self-confidence and self-awareness:</u></p> <ul style="list-style-type: none"> Confident to speak to others about own needs, wants, interests and opinions. <p><u>Managing feelings and behaviour</u></p> <ul style="list-style-type: none"> Understands that own actions affect other people, for example, becomes upset or tries to comfort another child when they realise they have upset them. 	<p><u>When do my feelings change?</u></p> <p><u>Making relationships</u></p> <ul style="list-style-type: none"> Show sensitivity to others' needs and feelings, and form positive relationships with adults and other children. <p><u>Self-confidence and self-awareness:</u></p> <ul style="list-style-type: none"> Say when they do or don't need help <p><u>Managing feelings and behaviour</u></p> <ul style="list-style-type: none"> Talk about how they and others show feelings 	<p><u>What is my place in the world?</u></p> <p><u>Making relationships</u></p> <ul style="list-style-type: none"> Form positive relationships with adults and other children. <p><u>Self-confidence and self-awareness:</u></p> <ul style="list-style-type: none"> Confident to speak in a familiar group Talk about their ideas Choose the resources needed for their chosen activities. <p><u>Managing feelings and behaviour</u></p> <ul style="list-style-type: none"> Work as part of a group or class, and understand and follow the rules.