

**PSHE Progression map EYFS**

PSHE		
Being Me in My World	Learning Intention	Knowledge
	<p>To have an awareness of self-identity.</p> <p>To be able to name and understand my feelings.</p> <p>To understand that I have rights and responsibilities.</p>	<p>I know how it feels to belong and that we are similar and different.</p> <p>I know and am able to say how I feel.</p> <p>I know how others are feeling.</p> <p>I know how to work with others.</p> <p>I know I need to be kind and gentle towards others.</p> <p>I know that we should be able to work and play.</p> <p>I know what being responsible means.</p>
Celebrating Difference	Learning Intention	Knowledge
	<p>To identify something I am good at.</p> <p>To understand that everyone is good at different things.</p> <p>To understand that everyone is different.</p> <p>To be able to say why my home is important to me.</p> <p>To be able to explain how to be a kind friend.</p> <p>To be able to stand up for myself when someone is being unkind.</p>	<p>I know what my talents are and what others' talents are.</p> <p>I know that I am special.</p> <p>I know that my family is important to me and that others' families are important to them.</p> <p>I know and can explain what my home is like.</p> <p>I know how to be kind.</p> <p>I know how to stand up for myself when others are being unkind.</p>
Dreams and Goals	Learning Intention	Knowledge
	<p>To understand that I need to persevere when I face a challenge.</p> <p>To be able to say when I have not given up in face of a challenge.</p> <p>To be able to set a goal and work towards it.</p> <p>To be able to use kind words to encourage others.</p> <p>To make a link between what I learn now and what I might like to do when I am older.</p> <p>To be able to say how I feel when I achieve a goal.</p>	<p>I know what a challenge is and that I need to keep trying to be successful.</p> <p>I know that it is important not to give up.</p> <p>I know how to set myself a goal.</p> <p>I know who to ask for help if I need it.</p> <p>I have an opinion about what jobs I might like to do when I am older.</p> <p>I know how it feels to be successful</p>
Healthy Me	Learning Intention	Knowledge
	<p>To understand that exercise will keep me healthy.</p> <p>To understand how moving and resting are good for my body.</p> <p>I know which foods are healthy or not healthy and can make a good choice.</p> <p>To understand how to help myself go to sleep and why sleep is good for me.</p> <p>To understand the importance of handwashing.</p> <p>To understand stranger danger.</p>	<p>I know that exercise is important to stay healthy.</p> <p>I know that rest is important to stay healthy.</p> <p>I know that some foods are healthy and some are not healthy.</p> <p>I know that I need to sleep to stay healthy.</p> <p>I know that it is important to wash my hands.</p> <p>I know what a stranger is and how to stay safe if one approaches me.</p>
Relationships	Learning Intention	Knowledge
	<p>I can identify some jobs that I do at home and how I feel like I belong.</p> <p>I know how to make friends and stop myself feeling lonely.</p> <p>I can think of ways to solve problems and stay friends.</p> <p>I am starting to understand the impact of unkind words.</p> <p>I am starting to be able to manage my feelings.</p>	<p>I know what I can do to help my family.</p> <p>I know how it feels to belong.</p> <p>I know how to make friends.</p> <p>I know that I need to be able to solve problems to stay friends.</p> <p>I know that unkind words make others feel bad.</p> <p>I am starting to know when my feelings are overwhelming.</p> <p>I know how to be a good friend.</p>

Changing Me	Learning Intention	Knowledge
	<p>To be able to name parts of the body.</p> <p>To be able to explain some things I can do and eat to stay healthy.</p> <p>To be able to explain that we all grow from babies to adults.</p> <p>To be able to say how I feel about moving to Year 1.</p> <p>To be able to talk about my worries and what I am looking forward to in Year 1.</p> <p>To be able to share some of my memories of the best bits of my time in Reception.</p>	<p>I know the names for some parts of my body.</p> <p>I know what to do to keep healthy.</p> <p>I know what to eat to keep healthy.</p> <p>I know that babies grow into adults.</p> <p>I know that I will be moving into year 1 soon.</p> <p>I know that there will be changes at school.</p> <p>I know how to express how I feel about the changes.</p> <p>I know what I have enjoyed about reception and can explain it.</p>