Nursery PSHE End Point

Year group	National Curriculum Objectives					
	Autumn 1 Being, me in my world	Autumn 2 Celebrating difference	Spring 1 Dreams and Goals	Spring 2 Healthy me	Summer 1 Relationships	Summer 2 Changing me
Nursery	1 I understand how it feels to belong and that we are similar and different similar, different, friend 2 I understand how feeling happy and sad can be expressed , feelings, happy, sad 3 I can work together and consider other people's feelings angry, happy, excited, nervous 4 I can use gentle hands and understand that it is good to be kind to people gentle, Kind, 5 I am starting to understand children's rights and this means we should all be allowed to learn and play taking turns 6 I am learning what being responsible means rights, responsibilities.	1 I know how it feels to be proud of something I am good at. Proud Special 2 I can tell you one way I am special and unique. unique 3 I know that all families are different. Similar, Family Different Same, 4 I know there are lots of different houses and homes Similar, Family Different Same, 5 I can tell you how I could make new friends. Friends, Kind 6 I can use my words to stand up for myself. Happy, Sad, Frightened, Angry	I understand what a challenge means, Challenge I can keep trying until I can do something Perseverance, Achievement I can set a goal and work towards it Goal I know some kind words which can encourage people Happy, Kind, Encourage I can start to think about the jobs I might like to do when I'm older Dream, Joh Ambition I can feel proud When I achieve a goal Proud Goal	1 I know the names for some parts of my body and am starting to understand that I need to be active to be healthy Healthy, Head, Shoulders, Knees, Toes 2 I can tell you some of the things I need to do to be healthy Healthy, Exercise, Sleep, Wash, Clean 3 I know what the word 'healthy' means and that some foods are heathler than others Healthy, 4 I know how to help myself go to sleep and that sleep is good for me Sleep 5 I can wash my hands and know it is important to do this before I eat and after I go to the tollet Wash, Clean 6 I know what to do if I get lost and how to say NO to strangers Stranger, Scare	1 I can tell you about my family Family. 2 I understand how to make friends if I feel lonely Lonely. 3 I can tell you some of the things I like about my friends Relationship, Friend 4 I know what to say and do if somebody is mean to me Fall- out, Words Argue, Angry, Upset, 5 I can use Calm Me time to manage my feelings Calm me, Breathing Feelings, 6 I can work together and enjoy being with my friends friend, enjoy	1 I can name parts of my body and show respect for myself Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, 2 I can tell you some things I can do and some food I can eat to be healthy healthy food 3 I understand that we all start as babies and grow into children and then adults Baby, Grownup, Adult, Change, 4 I know that I grow and change Baby, Grownup, Adult, Change, 5 I can talk about how I feel moving to School from Nursery Worry, Excited, 6 I can remember some fun things about Nursery this year Memories

By the end of Nursery, children will have a solid understanding of their own feelings and the rights that every child has. They will know how they belong within their family, school and community and will be able to talk about how they are similar and different to others, including what is special about them. Children will be able to talk about something they want to achieve and understand how to keep trying till they do it. Children will be able to name some parts of their body and can articulate what it means to be healthy. They understand that they used to be a baby and can talk about how they have grown. At the end of nursery, children will be able to talk about who their family and friends are and what they like about them.