



Dereham Church of England Infant and Nursery Academy

Long term plan: PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p><u>Being Me in My World</u> -I know children's and adults names in Nursery. -I know how to look after things in Nursery. - I can follow routines with support.</p>	<p><u>Celebrating Difference</u> -I know that we are all different and special. I know how to be a good friend/how to make friends.</p>	<p><u>Dreams and Goals</u> -I can concentrate on a given task. - I can look and listen on the carpet.</p>	<p><u>Healthy Me</u> -I can talk about my favourite food. - I can name and try different fruits and vegetables.</p>	<p><u>Relationships</u> -I can talk about my family. -I am beginning to play alongside/with other children.</p>	<p><u>Changing Me</u> -I know that I was once a baby. -I can talk about what it might be like going to school.</p>
Reception	<p><u>Being Me in My World</u> -I can form relationships with adults</p>	<p><u>Celebrating Difference</u> -I can talk about ways I am the</p>	<p><u>Dreams and Goals</u> -I know that sometimes I can find</p>	<p><u>Healthy Me</u> -I can talk about having a healthy diet and</p>	<p><u>Relationships</u> -I can talk about people in my family and I know</p>	<p><u>Changing Me</u> -I can talk about how I have changed</p>

	<p>and children in my class. -I can follow new routines and behaviour expectations in my new class.</p>	<p>same and different to children in my class. -I can talk about how I can be a kind friend.</p>	<p>learning tricky. -I can talk about why I need to keep on trying.</p>	<p>what I can do to keep my body healthy.</p>	<p>that not all families are the same. -I can talk about how I can be a good friend.</p>	<p>since I was a baby. -I can talk about how things might be different when I am in Year 1.</p>
Year 1	<p><u>Being Me in My World</u> -I know my class rules. - I understand my rights and responsibilities in my class.</p>	<p><u>Celebrating Difference</u> -I can identify similarities and differences between the people in my class. -I know how to make new friends.</p>	<p><u>Dreams and Goals</u> -I can set simple goals and work out how to achieve them. -I understand how to work well with a partner.</p>	<p><u>Healthy Me</u> -I understand the difference from being healthy and unhealthy. -I know that medicines can help me get well and I know that household products can be harmful if not used properly.</p>	<p><u>Relationships</u> -I understand that there are lots of different types of families. -I know appropriate ways of physical contact to greet my friends and know which ways I prefer.</p>	<p><u>Changing Me</u> -I am starting to understand the life cycles of humans and animals. -I can identify the parts of the body that make boys different to girls. -I understand that some of my body</p>

						parts are private.
Year 2	<u>Being Me in My World</u> -I understand my rights and responsibilities in my class and school. -I can listen to ideas from other people and contribute my own ideas to rewards and consequences.	<u>Celebrating Difference</u> -I am starting to understand that sometimes people make assumptions about boys and girls [stereotypes]. -I understand that bullying is sometimes about difference	<u>Dreams and Goals</u> -I can choose a realistic goal and think about how to achieve it. -I can recognise who it is easy for me to work with and who it is more difficult for me to work with. -I can work cooperatively in a groups to create an end product.	<u>Healthy Me</u> -I can say what helps me relax and what makes me feel stressed. -I can sort foods into the correct food groups and know which foods my body needs to keep me healthy.	<u>Relationships</u> -I understand that there are lots pf forms of physical contact within a family and some of this is acceptable and some is not. -I understand that sometimes it is good to keep a secret and sometimes it is not.	<u>Changing Me</u> -I can identify the parts of the body that make boys different to girls and can name penis, testicles and vagina. -I understand that some of my body parts are private.