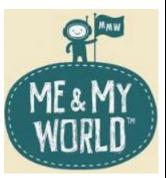




Reception













Being me in my World

I can:
Keep safe at
school
Say home I am
feeling today
Share & work as
part of a team
Celebrate my
uniqueness

Being in my world with others

I can:
Identify my
strengths
Talk about people
that are special to
me
Think about what
makes a good
friend
Have strategies to
stand up for myself
& my friends

My relationship with me

I can:

Keep going when I find
things tricky
Set simple goals to
help me get better at
something
Support my friends
Share my dreams &
wishes

My healthy body & healthy mind

I can:
Understand how
exercise benefits my
body
Sort healthier/ lesshealthy food choices
Understand that sleep
is important for me
Keep my body clean
Recognise my safe
adults

My relationship with others

I can:

Make new friend

Use kind words

Begin to resolve

conflicts with others

Use different tools to

help myself to feel

calm when I am angry

or upset

Changing me

I can:
Label body parts
Respect my body
Recognise how I
change as I grow up
Talk about my
worries
Celebrate my year





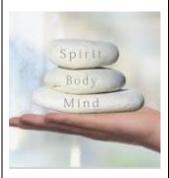




Year 1







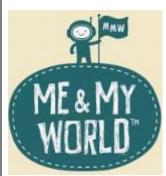
My healthy body &

healthy mind



Looking after my

health around



Being me in my

world



Being with others in

the world/ changes

My Relationship with Me:

I can:
Listen to others
Play
cooperatively
Recognise &
name feelings
Demonstrate kind
behaviour

My relationship with others

I can:
Celebrate my
uniqueness
Make friends
Listen to other people
Play & work
cooperatively
Talk about my family

I can:
Share things that I like about me
Talk about the different groups I belong to
Recognise different people from our community
Make healthier

choices

I can:
Identify risks at home
Identify risks outside of the home
Cross the road safely with an adult
Respect other people's

boundaries

I can:
Think about ways to care for living things Identify people with different responsibilities in school
Keep my money safe Make a plan for spending/ saving

I can:
Show care for living things
Look after the environment
Identify how animals/ humans change as they grow
Name the main parts of the body (including external genatalia Recognise)





	Say no if I feel	Prepare for change
	uncomfortable	(moving to year 2)





Year 2

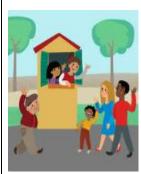












My relationship with me

My relationship with others

My healthy body & healthy mind

I can:

Being in the world with others

Being me in my world

Looking after my health around others

I can:
Notice how
different emotions
feel in my body
Recognise how my
behaviour can
impact on others
Advocate for my
personal space

I can:
Use a range of
words to describe
my feelings
Recognise how
others might be
feeling
Resolve
arguments
positively

Identify healthy/
less healthy food
choices
Find a physical
activity I enjoy
Recognise the
importance of
playing outside/
having screen
breaks

I can:
Help care for animals
and other living
things
Help care for and
protect the
environment
Tell the difference
between a need & a
want
Look after my money

I can:
Identify key people
in my community
Talk about my
feelings
Recognise my role at
school and the
community
Think about how to
make the community
better

I can:
Recognise risk in
everyday
situations
Get help in an
emergency
Know the things
we put on or in
our bodies can
affect us





	Begin to manage	Identify things that	ldentify how our
	big feelings	make me feel good	needs change as
	I know when to ask		we grow
	for help with big		Use the correct
	feelings		anatomical names
			for male & female
			body parts
			Explore my
			feelings as I
			prepare to move
			key stage