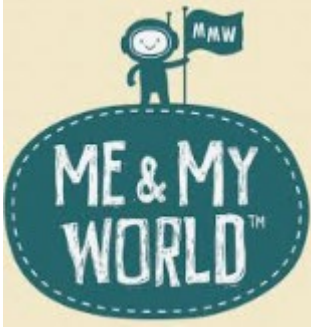









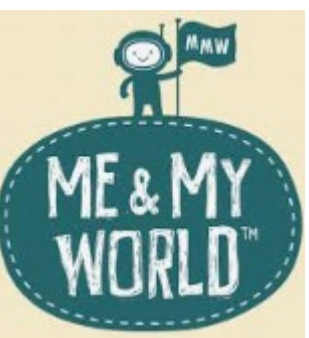




Reception					
					
Being me in my World	Being in my world with others	My relationship with me	My healthy body & healthy mind	My relationship with others	Looking after my health around others
<p>I can:</p> <ul style="list-style-type: none"> <li>Keep safe at school</li> <li>Say how I am feeling today</li> <li>Share &amp; work as part of a team</li> <li>Celebrate my uniqueness</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Identify my strengths</li> <li>Talk about people that are special to me</li> <li>Think about what makes a good friend</li> <li>Have strategies to stand up for myself &amp; my friends</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Keep going when I find things tricky</li> <li>Set simple goals to help me get better at something</li> <li>Support my friends</li> <li>Share my dreams &amp; wishes</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Understand how exercise benefits my body</li> <li>Sort healthier/ less-healthy food choices</li> <li>Understand that sleep is important for me</li> <li>Keep my body clean</li> <li>Recognise my safe adults</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Make new friends</li> <li>Use kind words</li> <li>Begin to resolve conflicts with others</li> <li>Use different tools to help myself to feel calm when I am angry or upset</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Label body parts</li> <li>Respect my body</li> <li>Recognise how I change as I grow up</li> <li>Talk about my worries</li> <li>Celebrate my year</li> </ul>



Year 1					
					
<b>My Relationship with Me:</b>	<b>My relationship with others</b>	<b>My healthy body &amp; healthy mind</b>	<b>Looking after my health around others</b>	<b>Being me in my world</b>	<b>Being with others in the world/ changes</b>
<p>I can:</p> <ul style="list-style-type: none"> <li>Listen to others</li> <li>Play cooperatively</li> <li>Recognise &amp; name feelings</li> <li>Demonstrate kind behaviour</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Celebrate my uniqueness</li> <li>Make friends</li> <li>Listen to other people</li> <li>Play &amp; work cooperatively</li> <li>Talk about my family</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Share things that I like about me</li> <li>Talk about the different groups I belong to</li> <li>Recognise different people from our community</li> <li>Make healthier choices</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Identify risks at home</li> <li>Identify risks outside of the home</li> <li>Cross the road safely with an adult</li> <li>Respect other people's boundaries</li> <li>Say no if I feel uncomfortable</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Think about ways to care for living things</li> <li>Identify people with different responsibilities in school</li> <li>Keep my money safe</li> <li>Make a plan for spending/ saving</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Show care for living things</li> <li>Look after the environment</li> <li>Identify how animals/ humans change as they grow</li> <li>Name the main parts of the body (including external genitalia)</li> <li>Recognise)</li> <li>Prepare for change (moving to year 2)</li> </ul>



Year 2					
					
My relationship with me	My relationship with others	My healthy body & healthy mind	Being in the world with others	Being me in my world	Looking after my health around others
<p>I can:</p> <ul style="list-style-type: none"> <li>Notice how different emotions feel in my body</li> <li>Recognise how my behaviour can impact on others</li> <li>Advocate for my personal space</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Use a range of words to describe my feelings</li> <li>Recognise how others might be feeling</li> <li>Resolve arguments positively</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Identify healthy/ less healthy food choices</li> <li>Find a physical activity I enjoy</li> <li>Recognise the importance of playing outside/ having screen breaks</li> <li>Begin to manage big feelings</li> <li>I know when to ask for help with big feelings</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Help care for animals and other living things</li> <li>Help care for and protect the environment</li> <li>Tell the difference between a need &amp; a want</li> <li>Look after my money</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Identify key people in my community</li> <li>Talk about my feelings and the community</li> <li>Recognise my role at school</li> <li>Think about how to make the community better</li> <li>Identify things that make me feel good</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>Recognise risk in everyday situations</li> <li>Get help in an emergency</li> <li>Know the things we put on or in our bodies can affect us</li> <li>Identify how our needs change as we grow</li> <li>Use the correct anatomical names for male &amp; female body parts</li> <li>Explore my feelings as I prepare to move key stage</li> </ul>