Clover Hill V.A. Infant & Nursery School

Life Skills (PSHE/RSE)

	Autumn 1 Being Me in my World	Autumn 2 Celebrating Differences	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing me
Nursery	Kind hands Sharing How am I feeling today?	What am I good at? Including others in play Making friends	Never give up! Working in teams Helping others	We like to move it, move it! Food glorious food Sweet dreams Keeping clean Safe adults	My family and me Solving friendship disagreements Helping others/myself when hurt/sad	My body Growing up
Reception	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	Feeling special and safe Being part of a class Rights and responsibilities	Similarities and differences Understanding bullying and knowing how to deal with it	Setting goals Identifying successes and achievements Learning styles	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe	Belonging to a family Making friends/being a good friend Physical contact preferences	Life cycles – animal and human Changes in me Changes since being a baby

	Rewards and feeling proud Consequences Owning the Learning Charter	Making new friends Celebrating the differences in everyone	Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Medicine safety/safety with household items Road safety Linking health and happiness	People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Linking growing and learning Coping with change Transition
Year 2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (some correct terminology) Assertiveness Preparing for transition