

PSHE and RSE Skills Document

	Nursery	Reception	Year 1	Year 2
Being me in my world	Understanding feelings Being in a classroom Being gentle	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning Charter	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings
Celebrating Difference	Being special Families Where we live Making friends	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Understanding bullying Standing up for self and others Making new friends Celebrating difference and remaining friends
Dreams and Goals	Challenges Perseverance	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feeling of success	Achieving realistic goals Perseverance Learning strengths Group co-operation Contributing to, and sharing success
Healthy Me	Physical activity Healthy food Sleep Keeping clean	Physical activity Healthy food Sleep Keeping clean	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe	Motivation Healthier choices Relaxation

	Safety	Safety (Building upon skills achieved in Nursery)	Medicine safety / safety with household items Road safety Linking health and happiness	Healthy eating and nutrition
Relationships	Family life Friendships Being a good friend	Family life Friendships Being a good friend Falling out (Building upon skills achieved in Nursery)	Belonging to a family Making friends / being a good friend Physical contact preferences Qualities as a friend and person People who help us Celebrating special relationships	Different types of family Physical contact boundaries Friendship and conflict Trust and appreciation Expressing appreciation for special relationships
Changing Me	Bodies Celebrations	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change (transition)	Life cycles in nature Growing from young to old Increasing independence Differences between female and male bodies (correct terminology) Assertiveness Preparing for transition