



Personal, Social and Emotional Development 2021 - 2022

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
General Themes	Seaside	United Kingdom	Keeping Healthy	Safari	Heroes	Wonderful World!
Personal, Social and Emotional Development	<p>Children’s personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.</p>					
Managing Self - Regulation	<p>Me and My Relationships All about me Why we have classroom rules Our Feelings Feelings and bodies Me and my special people Who can help me How are you listening</p>	<p>Valuing Difference Same and different families Same and different homes Who are our special people? Unkind, tease or bully It’s not fair</p>	<p>Keeping Myself Safe What’s safe to go into my body including medicines Super Sleep Safe indoors and outdoors Good or bad touches Keeping safe online Who can help</p>	<p>Rights and Responsibilities Looking after my special people Around and about the school Caring for our world Looking after money lesson 1 and 2 Basic first aid</p>	<p>Being my Best Yes I can! Healthy Eating lessons 1 & 2 Catch it, bin it, kill it Pass on the praise Harold has a bad day</p>	<p>Growing and Changing Life stages- plants, animals and humans Where do babies come from Getting bigger Surprises and secrets Keeping privates private Who can help</p>

	<p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p>	<p><i>“Self-regulatory skills can be defined as the ability of children to manage their own behaviour and aspects of their learning. In the early years, efforts to develop self-regulation often seek to improve levels of self-control and reduce impulsivity. Activities typically include supporting children in articulating their plans and learning strategies and reviewing what they have done.” Education Endowment Foundation.</i></p>
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