



PSHE/Relationships and Health Education: Nursery

ME AND MY RELATIONSHIPS	LEARNING OUTCOMES
Marvellous me!	<ul style="list-style-type: none"> • Share their likes and dislikes with their friends and adults in their classroom • Name the different features of their face and parts of their body • Use their senses to explore the world around them
I'm special	<ul style="list-style-type: none"> • Speak positively about themselves • Name different feelings and possible causes • Name some key adults who can help them when feeling sad/worried/scared
People who are special to me	<ul style="list-style-type: none"> • Talk about their families and special people • Name those who care for them and keep them safe • Describe the different types of homes
VALUING DIFFERENCES	LEARNING OUTCOMES
Me and my friends	<ul style="list-style-type: none"> • Talk about the similarities and differences amongst their peers • Talk about the things they and their friends are good at • Spot similarities and differences in nature
Friends and family	<ul style="list-style-type: none"> • Understand that having differences between us is a good thing • Notice and talk about differences in nature • Recognise the differences within and amongst families
Including everyone	<ul style="list-style-type: none"> • Explore and use different materials • Show kindness by including their friends • Talk about how to help those who are in need
BEING MY BEST	LEARNING OUTCOMES
What does my body need?	<ul style="list-style-type: none"> • Name what their bodies need for energy (food, water, exercise, sleep)

	<ul style="list-style-type: none"> • Describe how they feel when they don't have enough food, water, exercise or sleep • Make healthy choices independently, in their home or education setting
I can keep trying	<ul style="list-style-type: none"> • Explain how people might feel if they find something hard • Suggest ways to encourage others to keep going • Have a go at challenging themselves
I can do it!	<ul style="list-style-type: none"> • Develop skills in planning, reviewing applying a trial and error approach • Explore activities that they wouldn't normally try, pushing the boundaries of their comfort zone • Communicate with others by sharing with and listening to each other's ideas
GROWING AND CHANGING	LEARNING OUTCOMES
Growing and changing in nature	<ul style="list-style-type: none"> • Describe seasonal changes • Use key vocabulary relating to natural change, e.g. weather, seasons, cold, hot • Describe the life cycle of an animal
When I was a baby	<ul style="list-style-type: none"> • Talk about how babies change as they grow • Explain what babies need and how this changes as they grow • Share their own experiences and listen to those of the others
Girls, boys and families	<ul style="list-style-type: none"> • Talk about the similarities and differences between the males and females • Begin to play inclusively with their friends, regardless of their sex (if not already doing so) • Think differently and more openly about what a family may look like
KEEPING SAFE	LEARNING OUTCOMES
People who help me and keep me safe	<ul style="list-style-type: none"> • Name key relatives/care givers at home and those who care for them in their education settings • Recognise a 'funny tummy' feeling when something feels wrong or unsafe and say what to do • Talk about what makes them feel safe
Safety indoors and outdoors	<ul style="list-style-type: none"> • Name potential dangers, both inside and outside, and how to avoid getting hurt • Name things in the environment that keep us safe e.g.traffic lights, warning signs, school rules • Talk about how to keep their bodies safe

What's safe to go into my body	<ul style="list-style-type: none"> • Know which products in the home are to be used only by adults • Sort items according to their use and purpose • Explain who can give medicine to children and why
RIGHTS AND RESPECT	LEARNING OUTCOMES
Looking after myself	<ul style="list-style-type: none"> • Talk about how healthy food and keeping clean can help our bodies • Name some healthy foods • Try new experiences
Looking after others	<ul style="list-style-type: none"> • Name some activities that they can do to help out at home • Talk about how they can look after other members of their family • Talk about how they can look after their friends
Looking after my environment	<ul style="list-style-type: none"> • Show care and responsibility for their home and learning environments • Talk about what is special within the natural world • Name some ways in which they can help their world