



EYFS to KS1 Bridge – PSHE

PSHE in the EYFS curriculum	How this is achieved in EYFS	How the learning in EYFS progresses into KS1
<p><u>Personal, Social and Emotional Development</u></p> <p>ELG: Self-Regulation</p> <ul style="list-style-type: none"> • 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>ELG: Managing Self</p> <ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. 	<ul style="list-style-type: none"> • Autumn 1 topic – Being me in my world. Self-identity, understanding feelings, being in a classroom, being gentle, rights and responsibilities. • Spring 1 topic – Dreams and goals. Challenges, perseverance, goal setting, overcoming obstacles, seeking help, jobs, achieving goals. • Visitors and learning about people who help us in our community e.g. dentist, nurse, police officer etc. • Visitors to broaden experiences e.g. animal man. • Merit assemblies – certificates and awards, writer and mathematician of the week. • Collective worship – dreams, goals, how to help others. • Circle time – developing confidence, social and emotional skills. • Priority within continuous provision for adult interaction, as well as a clear focus from all adults to enhance peer on peer interaction and communications. 	<ul style="list-style-type: none"> • Y1 and Y2 Autumn 1 topic – Being me in my world. Feeling special and safe, being part of a class, rights and responsibilities, rewards and feeling proud, consequences, the learning charter. • Y1 and Y2 Spring 1 topic – Dreams and goals. Setting goals, identifying successes and achievements, learning styles, working well and celebrating achievements, tackling new challenges, identifying and overcoming obstacles, feelings of success.
<p>ELG: Building Relationships</p> <ul style="list-style-type: none"> • Work and play cooperatively and take turns with others. • Form positive attachments to adults and friendships with peers. 	<ul style="list-style-type: none"> • Autumn 2 topic – Celebrating differences. Identifying talents, being special, families, where we live, making friends, standing up for yourself. • Summer 1 topic – Relationships. Family life, friendships, falling out, dealing with bullying, being a good friend. • Circle time games where the children have to take turns. • Circle time discussions about feelings. 	<ul style="list-style-type: none"> • Y1 and Y2 Autumn 2 topic – Celebrating differences. Similarities and differences, understanding bullying and knowing how to deal with it, making new friends, celebrating the differences in everyone. • Y1 and Y2 Summer 1 topic – Relationships. Belonging to family, being a good friend, physical contact preferences, people who help us, qualities as a friend, self-

<ul style="list-style-type: none"> Show sensitivity to their own and to others' needs. 	<ul style="list-style-type: none"> Flashcards are used for different emotions to reinforce feelings relating to behaviours. 	<p>acknowledgement, celebrating special relationships.</p>
	<ul style="list-style-type: none"> Spring 2 topic – Healthy me. Exercising bodies, physical activity, healthy food, sleep, keeping clean, safety. Regular references to washing hands and basic hygiene. Learning about dental hygiene and healthy eating. Summer 1 – healthy eating and food topic. Discuss healthy food choices at snack time and lunch time. 	<ul style="list-style-type: none"> Y1 and Y2 Spring 2 topic – Healthy me. Keeping healthy, healthy lifestyle choices, keeping clean, being safe, medicine safety, safety with household items, road safety, health and happiness.
	<ul style="list-style-type: none"> Summer 2 topic – Changing me. Bodies, respecting my body, growing up, growth and change, fun and fears, celebrations. Talking about how we change from being a baby until now. Baby and family photos in the home corner for children to discuss. Transition activities for moving to Year 1. 	<ul style="list-style-type: none"> Y1 and Y2 Summer 2 topic – Changing me. Life cycles, changes in me, changes since being a baby, differences between female and male bodies, growing and learning, coping with change.