

NURSERY (F1) OVERVIEW

Personal, Social and Emotional Development is a key strand within the Early Years curriculum. It flows through all areas. The three main strands are self-regulation, managing self and building relationships. We follow the Jigsaw scheme of work for PSHE, the objectives of which are shown in green. Our Personal Development offer specifically for each year group is shown in white.



Rolling year-round curriculum

Self-Regulation

- Select and use activities and resources with help when needed. Allowing them to achieve a goal they have chosen or one which is suggested to them
- Develop their sense of responsibility and membership of a community

Managing Self

- Becoming more outgoing with unfamiliar people in the safe context of their setting
- Show more confidence in social situations. Increasingly following rules and understanding why they're important
- Do not always need an adult to remind them of a rule
- Develop appropriate ways of being assertive.

Building Relationships

- Play with one or more other children, extending and elaborating play ideas
- Help to find solutions and conflicts and talk with others to solve rivalries
- Talk about their feelings using words like happy 'sad' and 'angry' or 'worried'.
- Begin to understand how others might be feeling.

AUTUMN

SPRING

SUMMER

Being Me in My World Celebrating Difference

- Self-identity
- Understanding feelings
- Being gentle
- Rights and responsibilities
- Identifying talents
- Being special
- Families
- Where we live
- Making friends
- Assemblies (see programme).

Dreams and Goals Healthy Me

- Challenges
- Perseverance
- Goal-setting
- Overcoming obstacles
- Seeking help
- Jobs
- Exercising bodies
- Healthy food
- Sleep
- Safety
- Keeping clean
- Assemblies (see programme).

Relationships Changing Me

- Family life
- Friendships
- Falling out
- Dealing with bullying
- Being a good friend
- Bodies
- Respecting my body
- Growing up
- Fun and fears
- Celebrations
- Assemblies (see programme).

This runs in conjunction with whole school events, themed weeks, curriculum enhancement days and offsite visits to enhance the curriculum. Ambleside Academy Values and Fundamental British Values are interwoven throughout all.