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| **Year Group: EYFS** |  |  |  |
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| **Health and Wellbeing** | **Autumn 1:** | **Autumn 2:** |  |
| I can make choices to play inside or outside (as I understand that spending a long time in front of a computer screen or sat down can be unhealthy). |  |  |  |
| I can independently put on and fasten my coat. |  |  |  |
| I actively take part in PE each week and understand that I am taking part in physical activities. |  |  |  |
| I can dress myself before and after PE, as well as tidy away my PE kit. |  |  |  |
| I know when I am hungry and can tell someone or make a food choice. |  |  |  |
| I know when I am thirsty and can tell someone or make a drink choice. |  |  |  |
| I know when I need to go to the toilet and can go without being reminded. |  |  |  |
| I can toilet myself and wash my hands afterwards. |  |  |  |
| I know how to brush my teeth and know I must do so twice a day. |  |  |  |
| I can share things I’m proud of from home. (Wow!) |  |  |  |
| I can tell someone when I’m upset or when I am happy. |  |  |  |
| I can manage my own behaviour as well as understand rewards and consequences. |  |  |  |
| I am aware of online safety. (Smarty The Penguin.) |  |  |  |
| **Relationships.** | **Summer 1:** | **Summer 2:** |  |
| I can use ‘please’ and ‘thank you’ with other children and adults. |  |  |  |
| I can share items with others and show how to take turns. |  |  |  |
| I can negotiate with others to build friendships and avoid conflict. |  |  |  |
| I am learning to be a good friend. |  |  |  |
| I am aware that others also have feelings and my actions can affect these. |  |  |  |
| I am learning about bullying and that it is wrong. |  |  |  |
| I understand that people can also bully online. |  |  |  |
| I am learning to be assertive by saying, “No. Stop! I don’t like it.” |  |  |  |
| I can tell someone if I have been upset by someone else. |  |  |  |
| I am aware that families are different. |  |  |  |
| I understand ‘PANTS’ and the underwear rule. |  |  |  |
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| **Living In the Wider World.** | **Spring 1:** | **Spring 2:** |  |
| I am aware of when and how money is used. |  |  |  |
| I am aware of different rules in different places. |  |  |  |
| I am aware of different religions, celebrations and customs - Easter bonnets, Nativity play, Diwali, Eid, sing-alongs, etc. |  |  |  |
| I am becoming aware that people live in different places around the World. |  |  |  |
| I am aware that people have different appearances, languages, religions, etc. |  |  |  |
| I am aware of lifecycles (eggs – chicks). |  |  |  |
| I am aware how people and other living things have different needs and I am aware that they require care. |  |  |  |
| I am aware that different people do different jobs. |  |  |  |
| I am becoming aware that I can find out about the World, people and objects by using online devices. |  |  |  |