EYFS PSED Progression

Learning Umbrella: Health and Wellbeing

Topic	Nursery	Reception
My Body	This topic introduces the children to basic hygiene and how they can look after their bodies. Areas of learning for this unit: • Strategies for looking after our bodies. • Understand the importance of handwashing. • Talk about making healthy choices for food and drinks. • Show an understanding of the importance of good oral health.	Building on the Ages 3-4 sessions, this topic helps children to develop hygiene skills and understand how they can look after their bodies and stay healthy. Areas of learning for this unit: • Strategies for looking after our bodies. • Understand the importance of handwashing and hygiene. • Begin to understand what is included in a balanced diet. • Strategies for looking after our teeth.
How I Feel	This topic introduces basic emotions and encourages children to share their thoughts, opinions and ideas. Areas of learning for this unit: • Gain the confidence to develop their own ideas and share them with others. • Gain confidence in sharing ideas and opinions. • Identify basic emotions. • Identify and understand basic emotions.	Building on the Ages 3-4 sessions, this topic will help children to identify and understand emotions, learn strategies for regulating emotions and gain confidence in expressing their ideas, thoughts and opinions. Areas of learning for this unit: • Identify and understand basic emotions. • Recognise how to regulate emotions. • Gain the confidence to develop their own ideas and share them with others. • Gain confidence in sharing ideas and opinions.
Being Safe	This topic introduces different aspects of safety and teaches the children basic skills for staying safe when out and about. Areas of learning for this unit: • Understand how to keep safe around potential dangers. • Understand aspects of road safety. • Understand ways to stay safe when out and about. • Understand when things are safe to eat. • Understand ways to stay safe online.	Building on the Ages 3-4 sessions, this topic teaches important safety rules and helps children to understand how to stay safe in day-to-day life and when out and about. Areas of learning for this unit: • Understand aspects of road safety. • Understand ways to stay safe when out and about. • Understand how to keep safe around potential dangers. • Understand when things are safe to eat. • Understand ways to stay safe online.
Super Me	This topic helps young children to develop a positive sense of self by celebrating their differences and achievements. Areas of learning for this unit: • Recognise and celebrate abilities and achievements. • Understand and celebrate that everyone is different. • Develop a positive sense of self. • Understand what things have a positive effect on our wellbeing.	Building on the Ages 3-4 sessions, this topic helps children to improve their self-esteem, develop their positive sense of self and understand ways to support their mental health and wellbeing. Areas of learning for this unit: • Recognise and celebrate abilities and achievements. • Understand and celebrate that everyone is different. • Develop a positive sense of self. • Understand strategies for promoting wellbeing.

Learning Umbrella: Relationships

Topic	Nursery	Reception
Positive Relationships	This topic focuses on our family and friends. The children will be learning basic skills to help them to build positive relationships. Areas of learning for this unit: • Discuss families and people who are important to us. • Gain confidence in making friends. • Understand what makes a good friend. • Understand how to resolve conflicts.	Building on the Ages 3-4 sessions, this topic helps children to understand the importance of our special relationships, develop skills for making friends and helps children to learn skills in conflict resolution. Areas of learning for this unit: • Discuss families and people who are important to us. • Gain confidence in making friends. • Understand what makes a good friend. • Understand how to resolve conflicts.
Working Together	This topic introduces skills in turn-taking, sharing and working collaboratively with others. Areas of learning for this unit: • Understand the importance of sharing. • Understand the importance of taking turns and sharing. • Begin to understand the importance of teamwork. • Understand what kindness is and why it is important.	Building on the Ages 3-4 sessions, this topic focuses on understanding how others may be feeling and working with others as part of a team. Children will also be developing sharing and turn-taking skills. Areas of learning for this unit: • Understand how others may be feeling. • Understand the importance of sharing. • Understand the importance of turn-taking. • Understand the importance of teamwork.

Learning Umbrella: Living in the Wider World

Topic	Nursery	Reception
Look what I can Do!	This topic supports young children to practise and develop skills in getting dressed, tidying up, following instructions and using manners. Areas of learning for this unit: • Practise getting dressed and undressed. • Understand the importance of tidying up • Follow simple instructions. • Understand the importance of manners.	Building on the Ages 3-4 sessions, this topic helps children to develop important life skills including tidying up, following rules, getting dressed and following instructions. Areas of learning for this unit: • Understand the importance of tidying up. • Understand the importance of rules. • Follow simple instructions. • Understand different types of clothing and what they are used for. • Practise getting dressed and undressed.
Reach for the Stars	This topic introduces simple goal setting, perseverance, resilience, self confidence and concentration. Areas of learning for this unit: • Begin to set simple goals.	Building on the Ages 3-4 sessions, this topic helps children develop confidence, resilience, perseverance and self-belief as well as develop focus and attention. Areas of learning for this unit: • Understand and set simple goals. • Understand what perseverance is and why it is important.

	• Understand what perseverance is and why it is important. • Build self-confidence. • Understand it's OK to make mistakes and that we can learn from them. • Develop concentration and attention.	• Develop confidence and self-belief. • Understand what resilience is and why it is important. • Develop focused attention.
Me and My World	This topic introduces different occupations and helps children understand who helps them in their daily lives. It also introduces discussions about how we can look after our world. Areas of learning for this unit: • Identify different occupations and begin to talk about them. • Understand who helps us in our lives. • Learn about people around the world. • Understand the importance of looking after our world.	Building on the Ages 3-4 sessions, this topic helps children understand different occupations and the people who help us in our communities. This topic also encourages discussions about families around the world and the different ways we can protect our environment. Areas of learning for this unit: • Talk about different occupations. • Understand who helps us within our communities. • Learn about people around the world. • Understand ways to help the environment.

Year 1 Progression (You, Me, PSHE)

Year 1 - PSHE		
Autumn 1	**Spring 1**	**Summer 1**
Physical health and wellbeing: **Fun times** **Pupils learn:** • about food that is associated with special times, in different cultures • about active playground games from around the world • about sun-safety	**Identity, society and equality:** **Me and others** **Pupils learn:** • about what makes themselves and others special • about roles and responsibilities at home and school • about being cooperative with others	**Mental health and emotional wellbeing: Feelings** **Pupils learn:** • about different types of feelings • about managing different feelings • about change or loss and how this can feel
Autumn 2	**Spring 2**	**Summer 2**

Keeping safe and managing risk: **Feeling safe** **Pupils learn:** ● safety in familiar situations ● about personal safety ● about people who help keep them safe outside the home	**Drug, alcohol and tobacco education:** **What do we put into and on to bodies?** **Pupils learn:** ● about what can go into bodies and how it can make people feel ● about what can go on to bodies and how it can make people feel	**Careers, financial capability and economic well being: My money** **Pupils learn:** ● about where money comes from and making choices when spending money ● about saving money and how to keep it safe ● about the different jobs people do