

| | Autumn: Relationship Wellbeing | | | Spring: Community Wellbeing | | | Summer: Health and Wellbeing | | |
|-----------|--|--|---|--|--|---|--|--|--|
| | Families and Friendships (No Outsiders) | Safe relationships | Respecting ourselves and others (No Outsiders) | Belonging to a Community | Media literacy and digital resilience | Money and work | Physical health and Mental wellbeing | Growing and Changing (Journey In Love) | Keeping safe |
| Nursery | Development Matters - Find ways of managing transition | Development Matters - Feel strong enough to express a range of emotions. | Development Matters - Express their feelings and consider the feelings of others. | Development Matters - Develop their sense of responsibility and membership of a community. | Development Matters - Increasingly follow rules, understanding why they are important. | Development Matters - Show interest in different occupations. | Development Matters - Make healthy choices about food, drink, activity and tooth brushing. | Development Matters - Grow in independence, rejecting help ("me do it").. | Development Matters - Develop appropriate ways of being assertive. |
| Reception | Development Matters - Name and describe people who are familiar to them. | Development Matters - Build constructive and respectful relationships. | Development Matters - See themselves as a valuable individual. | Development Matters - Talk about members of their immediate family and community. | Development Matters - Show resilience and perseverance in the face of challenge. | Development Matters - Recognise some environments that are different to the one in which they live. | Development Matters - Manage their own needs. Early Learning Goals – Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. | Development Matters - Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - tooth brushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian. Early learning Goals - Be confident to try new activities and show independence and resilience and perseverance in the face of challenge. | Development Matters - Develop appropriate ways of being assertive. Early Learning Goals - Explain the reasons for rules, know right from wrong and try to behave accordingly. |