



PSHE/RSHE Lesson Coverage: Nursery



Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
<p><u>Lesson 1</u>-LO: To understand how it feels to belong and that we are similar and different.</p> <p><u>Lesson 2</u>- LO: To understand how feeling happy and sad can be expressed.</p> <p><u>Lesson 3</u>- LO: To work together and consider other people’s feelings.</p> <p><u>Lesson 4</u>- LO: To use gentle hands and understand that it is good to be kind to people.</p> <p><u>Lesson 5</u>: LO: To start to understand children’s rights and this means we should all be allowed to learn and play.</p>	<p><u>Lesson 1</u>- LO: To know how it feels to be proud of something I am good at.</p> <p><u>Lesson 2</u>- LO: To tell you one way I am special and unique.</p> <p><u>Lesson 3</u>- LO: To know that all families are different.</p> <p><u>Lesson 4</u>- LO: To know there are lots of different houses and homes.</p> <p><u>Lesson 5</u>- LO: To tell you how I could make new friends.</p>	<p><u>Lesson 1</u>- LO: To understand what challenge means.</p> <p><u>Lesson 2</u>- LO: To keep trying until I can do something.</p> <p><u>Lesson 3</u>- LO: To set a goal and work towards it.</p> <p><u>Lesson 4</u>- LO: To start to think about the jobs I might like to do when I’m older.</p> <p><u>Lesson 5</u>- LO: To feel proud when I achieve a goal.</p>	<p><u>Lesson 1</u>- LO: To know the names for some parts of my body and to start to understand that I need to be active to be healthy.</p> <p><u>Lesson 2</u>- LO: To know what the word ‘healthy’ means and that some foods are healthier than others.</p> <p><u>Lesson 3</u>- LO: To understand why sleep is good for me. LO: To know what the word ‘healthy’ means and that some foods are healthier than others.</p> <p><u>Lesson 4</u>- LO: To wash my hands and know it is important to do this before I eat and after I go to the toilet.</p>	<p><u>Lesson 1</u>- LO: To tell you about my family.</p> <p><u>Lesson 2</u>- LO: To understand how to make friends if I feel lonely.</p> <p><u>Lesson 3</u>- LO: To know what to say and do if somebody is mean to me.</p> <p><u>Lesson 4</u>- LO: To use Calm Me time to manage my feelings.</p> <p><u>Lesson 5</u>- LO: To work together and enjoy being with my friends.</p>	<p><u>Lesson 1</u>- LO: To name parts of my body and show respect for myself.</p> <p><u>Lesson 2</u>- LO: To tell you some things I can do and some food I can eat to help me be healthy.</p> <p><u>Lesson 3</u>- LO: To understand that we all start as babies and grow into children and then adults.</p> <p><u>Lesson 4</u>- LO: To know that I grow and change.</p> <p><u>Lesson 5</u>- LO: To talk about how I feel about moving to School from Nursery.</p>

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