

Early Years



Co-op Academy
Nightingale

Co-op Academy Nightingale Reception

Personal, Social and Emotional Development Curriculum

Personal, Emotional & Social Development	Reception		
	Baseline/Autumn	Spring/ Summer	ELG
Managing self	<p>Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health</p> <p>They have their own ideas and plan ways to carry them out effectively</p> <p>Confidently speak to others about own needs, wants, interests and opinions.</p> <p>Aware of the boundaries set, and of how to behave in the setting</p> <p>Increasingly follow rules, understanding why they are important.</p>	<p>Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.</p> <p>Show resilience and perseverance in the face of challenge.</p> <p>Identify and moderate own feelings socially and emotionally.</p> <p>Describe myself in positive terms and talk about own abilities</p>	<p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly</p> <p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;</p>
Self-Regulation	<p>Develop appropriate ways of being assertive.</p> <p>Help to find solutions to conflicts and rivalries.</p> <p>Express own feelings and consider/respond to the feelings of others.</p>	<p>Can describe self in positive terms and talk about abilities.</p> <p>Begin to be able to negotiate and solve problems without aggression</p> <p>Think about the perspectives of others.</p>	<p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;</p> <p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate</p>
Building relationships	<p>Initiates conversations, attends to and takes account of what others say.</p>	<p>Explains own thinking/ideas and asks appropriate questions of others.</p> <p>With support of an adult, takes steps to resolve conflicts with other children , e.g. finding a compromise.</p> <p>Build constructive and respectful relationships</p>	<p>Work and play cooperatively and take turns with others;</p> <p>Form positive attachments to adults and friendships with peers;</p> <p>Show sensitivity to their own and to others' needs.</p>

Jigsaw

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 3-5 (F1-F2)	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations