

Hearts and Minds Curriculum Overview

Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives and is fundamental to their cognitive development. We build strong and supportive relationships with our children, getting to know them as individuals and providing for their emotional and cognitive needs in a safe and caring environment. Our school values "We are kind and care for each other" and "We work together" are reflected throughout the EYFS in the relationships the children build with each other. Adults model and provide guidance for the children to learn how to build positive relationships, resolve conflicts, manage their own personal needs and develop a strong sense of personal hygiene.							
Personal, Social and Emotional (Hearts and Minds)		Autumn 1 What makes me, me?	Autumn 2 What makes me, me?	Spring 1 Who helps me?	Spring 2 What's out there?	Summer 1 What changes?	Summer 2 What's under the sea?
	Nursery	<p><u>Self-Regulation</u> Children will separate from main carer to come into nursery. Children will know which adults can help them in nursery.</p> <p><u>Managing Self</u> Children will know the school rules. Children will know and follow our school values. Children will be able to use the toilet with adult guidance. Children will know to wash and dry their hands before eating and after using the toilet.</p> <p><u>Building Relationships</u> Children will know how to play alongside each other.</p>	<p><u>Self-Regulation</u> Children will follow rules whilst on a visit the local postbox to post their Christmas card home.</p> <p><u>Managing Self</u> Children will know how to look after resources "choose, play, tidy away" Children will develop their sense of responsibility with appropriate tasks. Children will know to drink water to be healthy.</p> <p><u>Building Relationships</u> Children will take turns whilst playing and waiting patiently to have a go. Children will be able to talk about their feelings- Happy and Sad</p>	<p><u>Self-Regulation</u> Children will become confident with visitors in nursery. Parents will be encouraged to join us to discuss their family traditions. (Grown up show and tell) Children will be able to talk about feelings e.g. 'angry', 'worried', 'sad'.</p> <p><u>Managing Self</u> Children will know the school rules and understand why they are so important. Children will know examples of healthy food.</p> <p><u>Building Relationships</u> Children will share resources and play in a group. They will be able to elaborate on play ideas.</p>	<p><u>Self-Regulation</u> Children will show more confidence in new social situations. Children will be able to remember the rules without needing an adult to remind them.</p> <p><u>Managing Self</u> Children will know to exercise to be healthy.</p> <p><u>Building Relationships</u> Children will develop appropriate ways of being assertive. Children will understand gradually how others might be feeling.</p>	<p><u>Self-Regulation</u> Children will follow rules and show confidence whilst on a visit the local allotments.</p> <p><u>Managing Self</u> Children will know how to calm themselves by stopping and taking deep breaths. Children will know to brush their teeth to be healthy. Children will know they need to spend short lengths of time on a screen.</p> <p><u>Building Relationships</u> Children will consider the feelings of others in stories such as "My Many Coloured Days" – Dr Seuss and "I am Human" – Susan Verde</p>	<p><u>Self-Regulation</u> Children show confidence handling different animals and talking to the adult that visits with the creepy crawlies/animals</p> <p><u>Managing Self</u> Children will know how to independently use the toilet.</p> <p><u>Building Relationships</u> Children will know how to listen to a friend and agree a compromise.</p>
	Development Matters (3-4 years)	<p><u>Observational Checkpoint:</u> Can children share and take turns with others, with adult guidance and understanding 'yours' and 'mine'? Can children settle at activities for a while? Can children play alongside others? Can children take part in pretend play, taking on a role such as Mummy or Daddy? Can children take part in pretend play with different roles such as the Gruffalo? Can children negotiate solutions to conflicts in their play? Are the children reliably dry during the day? Are the children overweight or have poor dental? Are the children over worried, sad, or angry.</p>					

		Autumn 1 What makes me, me?	Autumn 2 What makes me, me?	Spring 1 Who helps me?	Spring 2 What's out there?	Summer 1 What changes?	Summer 2 What's under the sea?
Reception	Development Matters (Reception)	<u>Self-Regulation</u> Children will see themselves as unique by sharing their hobbies and interests. <u>Managing Self</u> Children will know the school rules. <u>Building Relationships</u> Children will know how to identify their feelings, using books such as 'The Colour Monster' to support understanding.	<u>Self-Regulation</u> Children will follow rules whilst on a visit the local postbox to post their Christmas card home. Children will know how to be helpful by taking on jobs such as serving snack and washing up. <u>Managing Self</u> Children will know the school rules and understand why they are so important. <u>Building Relationships</u> Children will know how regular exercise is important for their health. Children will know how to listen to others with respect.	<u>Self-Regulation</u> Children will know how to make the right choice and the consequences of not doing so. <u>Managing Self</u> Children will know how to be a safe pedestrian and why this is important. Children will know how healthy eating is important for their health. <u>Building Relationships</u> Children will know how to treat others in our class following our school value – “We are kind and care for each other”	<u>Self-Regulation</u> Children will know the effects of their behaviour on others. <u>Managing Self</u> Children will know how regular teeth brushing is important for their health. <u>Building Relationships</u> Children will be able to describe what makes a good friend including attributes such as listening and sharing.	<u>Self-Regulation</u> Children will follow rules whilst on a visit the local allotments. Children will know to use the calm corner when they are feeling upset/angry. <u>Managing Self</u> Children will know what a sensible amount of screen time is and why this is important for their health. <u>Building Relationships</u> Children will know how to express their opinion and understand it is okay to have a different opinion to their friends.	<u>Self-Regulation</u> Children will show confidence in visiting Sealife centre at Trafford Centre for our annual school trip. Children will know how to overcome challenges, using books such as ‘The Most Magnificent Thing’. <u>Managing Self</u> Children will know about the importance of a good sleep routine for their health. <u>Building Relationships</u> Children will know how to resolve a problem by talking it through with a friend or adult.
		<u>Self-Regulation:</u> Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. <u>Managing Self:</u> Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. <u>Building Relationships:</u> Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others’ needs.					

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	What is the same and different about us?	Who is special to us?	What helps us stay healthy?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?
Year 2	What makes a good friend?	What is bullying?	What jobs do people do?	What helps us to stay safe?	What helps us grow and stay healthy?	How do we recognise our feelings?
Year 3	How can we be a good friend?	What keeps us safe?	What are families like?	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
Year 4	What strengths, skills and interests do we have?	How do we treat each other with respect?	How can we manage our feelings?	How can we help in an accident or emergency?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?
Year 5	What makes up a person's identity?	What decisions can people make with money?	How will we grow and change?	How can friends communicate safely?	How can drugs common to everyday life affect health?	What jobs would we like?
Year 6	How can we keep healthy as we grow?		How can the media influence people?		What will change as we become more independent? How do friendships change as we grow?	