

### Unit 1: Being Me In My World

Weekly Celebration	Pieces	Learning Intentions
Help other to feel welcome	1. Who... Me?!	I understand how it feels to belong and that we are similar and different
Try to make our Nursery/Pre-school community a better place	2. How am I feeling today?	I can start to recognise and manage my feelings
Think about everyone's right to learn	3. Being at School	I enjoy working with others to make school a good place to be
Care about other people's feelings	4. Gentle hands	I understand why it is good to be kind and use gentle hands
Work well with others	5. Our Rights	I am starting to understand children's rights and this means we should all be allowed to learn and play
Choose to follow the Learning Charter	6. Our Responsibilities	I am learning what being responsible means

### Unit 2: Celebrating Difference

Weekly Celebration	Pieces	Learning Intentions
Accept that everyone is different	1. What I am good at?	I can identify something I am good at and understand everyone is good at different things
Include others when working and playing	2. I'm Special, I'm Me!	I understand that being different makes us all special
Know how to help if someone is being bullied	3. Families	I know we are all different but the same in some ways
Try to solve problems	4. Houses and Homes	I can tell you why I think my home is special to me
Try to use kind words	5. Making Friends	I can tell you how to be a kind friend
Know how to give and receive compliments	6. Standing Up for Yourself	I know which words to use to stand up for myself when someone says or does something unkind

### Unit 3: Dreams and Goals

Weekly Celebration	Pieces	Learning Intentions
Stay motivated when doing something challenging	1. Challenge	I understand that if I persevere I can tackle challenges
Keep trying even when it is difficult	2. Never Giving Up	I can tell you about a time I didn't give up until I achieved my goal
Work well with a partner or in a group	3. Setting a goal	I can set a goal and work towards it
Have a positive attitude	4. Obstacles and Support	I can use kind words to encourage people
Help others to achieve their goals	5. Flight to the Future	I understand the link between what I learn now and the job I might like to do when I'm older
Are working hard to achieve their own dreams and goals	6. Footprint Awards	I can say how I feel when I achieve a goal and know what it means to feel proud

### Unit 4: Healthy Me

Weekly Celebration	Pieces	Learning Intentions
Have made a healthy choice	1. Everybody's Body	I understand that I need to exercise to keep my body healthy
Have eaten a healthy, balanced diet	2. We like to move it, move it!	I understand how moving and resting are good for my body
Have been physically active	3. Food, Glorious Food	I know which foods are healthy and not so healthy and can make healthy eating choices
Have tried to keep themselves and others safe	4. Sweet Dreams	I know how to help myself go to sleep and understand why sleep is good for me
Know how to be a good friend and enjoy healthy friendships	5. Keeping Clean	I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet
Know how to keep calm and deal with difficult situations	6. Stranger Danger	I know what a stranger is and how to stay safe if a stranger approaches me

## Unit 5: Relationships

Weekly Celebration	Pieces	Learning Intentions
<b>Know how to make friends</b>	1. My Family and Me!	I can identify some of the jobs I do in my family and how I feel like I belong
<b>Try to solve friendship problems when they occur</b>	2. Make friends, make friends, never ever break friends! Part 1	I know how to make friends to stop myself from feeling lonely
<b>Help others to feel part of a group</b>	3. Make friends, make friends, never ever break friends! Part 2	I can think of ways to solve problems and stay friends
<b>Show respect in how they treat others</b>	4. Falling Out and Bullying Part 1	I am starting to understand the impact of unkind words
<b>Know how to help themselves and others when they feel upset and hurt</b>	5. Falling Out and Bullying Part 2	I can use Calm Me time to manage my feelings
<b>Know and show what makes a good relationship</b>	6. Being the best friends we can be	I know how to be a good friend

## Unit 6: Changing Me

Weekly Celebration	Pieces	Learning Intentions
<b>Understand that everyone is unique and special</b>	1. My Body	I can name parts of the body
<b>Can express how they feel when change happens</b>	2. Respecting My Body	I can tell you some things I can do and foods I can eat to be healthy
<b>Understand and respect the changes that they see in themselves</b>	3. Growing Up	I understand that we all grow from babies to adults
<b>Understand and respect the changes that they see in other people</b>	4. Fun and Fears Part 1	I can express how I feel about moving to Year 1
<b>Know who to ask for help if they are worried about change</b>	5. Fun and Fears Part 2	I can talk about my worries and/or the things I am looking forward to about being in Year 1
<b>Are looking forward to change</b>	6. Celebration	I can share my memories of the best bits of this year in Reception