Cambridgeshire Primary Personal Development Programme • EYFS Framework

Myself & My Relationships
Beginning and Belonging (BB F)

- How am I special and what is special about other people in my class?
- **What have I learnt to do and what would I like to learn next? SR**
- How do we welcome new people to our class?
- What can I do to help everyone in our classroom feel safer and happier?
- **How can I play and work well with others? SR**
- **How can I show I am listening to an adult? SR**
- **What can help me to follow instructions? SR**

- Belonging in the class
- Likes and dislikes
- Similarities and differences
- Setting goals
- Listening skills
- Rights Rules and Responsibilities
- Communication & cooperation
- Ground Rules
- Right and wrong
- Fair and unfair

Myself & My Relationships
Family and Friends (FF F)

- **Who are my special people and why are they special to me? BR**
- **Who is in my family and how do we care for each other? BR**
- **What is a friend and how can I be a good one? BR**
- **How do I make new friends? BR**
- **How can I respect my own needs and the needs of others? BR**
- **How can I make up with friends when I have fallen out with them? BR**
- **How does what I do affect others? BR**
- Do I know what to do if someone is unkind to me? SR

- Families
- Kindness, cooperation & turn taking
- Friendship
- Bullying
- Conflict resolution
- Telling an adult & asking for help
- Being assertive
- Networks of support
- Supporting others

Myself & My Relationships
My Emotions (ME F)

- **Can I recognise and talk about my feelings? SR**
- **Can I recognise emotions in other people and say how they might be feeling? SR**
- **Do I know what might cause different emotions in myself and other people? SR**
- **How might I and others feel when things change? SR**
- **What are some simple ways to help myself feel better? SR**
- **How can I help other people feel better? SR**
- **What could I do when things are difficult for me? MS**

- Identifying and managing emotions
- Feelings, thoughts and behaviour
- Fair and unfair
- Loss and change
- Empathy
- Perseverance & resilience
- Independence & asking for help

Citizenship
Identities & Diversity (ID F)

- **Who are the people in my class and how are we similar to and different from each other? PCC**
- Who are the people in my family, and who are the people in other families?
- What is especially important to my family and me?
- **What are some of the similarities and differences in the way people live their lives? PCC**
- **What is life like in other countries? PCC**
- How can we value different types of people including what they believe in and how they live their lives?
- **How do we celebrate what we believe in and how is this different for different people? PCC**

- Similarities, difference and diversity
- Respecting and valuing others
- The way we live
- Neighbourhood
- Our beliefs
- Routines, customs and traditions
- Culture, race and religion

Citizenship
Me & My World (MW F)

- **Who are the people who help to look after me and my school? PP**
- How can I help to look after my school?
- How can I help to care for my things at home?
- **Where do I live and what are the different places and features in my neighbourhood? PCC**
- **Who are the people who live and work in my neighbourhood, including people who help me? PP**
- How can we look after the local neighbourhood and keep it special for everybody?
- What do animals and plants need to live and how can I help to take care of them?
- What is money and why do we need it?

- People and places
- Family, school, neighbourhood
- Jobs, roles and responsibilities
- Helping and working together
- Caring for living things
- Local environments
- Money

Healthy & Safer Lifestyles
My Body & Growing Up (BG F)

- What does my body look like?
- How has my body changed as it has grown?
- What can my body do?
- What differences and similarities are there between our bodies?
- **How can I look after my body and keep it clean? MS**
- **How am I learning to take care of myself and what do I still need help with? MS**
- Who are the members of my family and trusted people who look after me?
- How do I feel about growing up?

- Valuing the body
- External body parts
- My teeth
- Similarities & differences
- Self care skills
- Change and responsibilities

Healthy & Safer Lifestyles
Keeping Safe (KS F)

- What are some situations where I need to think about how to keep myself safer?
- Do I understand simple safety rules for when I am at home, at school and when I am out and about?
- What are the clues my body gives me if I am feeling unsafe? MS
- Can I say 'No!' if I feel unsafe or unsure about something? MS
- Can I ask for help and tell people who care for me if I feel unsafe, worried or upset? SR
- Who are the people who help to keep me safe? PP
- What goes on to and into my body and who puts it there? MS
- Why do people use medicines? MS
- What are the safety rules relating to medicines and who helps me with these? MS

- Assessing risk
- Personal safety skills
- Networks of Support
- Safe and unsafe secrets
- Safe and unsafe touches
- Safer play & help when lost
- Road Safety
- Safe use of medicines
- Medicines, pills, injections

Healthy & Safer Lifestyles
Healthy Lifestyles (HL F)

- What things can I do when I feel good and healthy?
- What can't I do when I am feeling ill or not so healthy?
- **What can I do to help keep my body healthy? MS**
- **Why are food and drink are good for us? MS**
- **How can I make healthier choices about food? MS**
- What is exercise is and why is it good for us?
- Why are rest and sleep good for us?

- Healthy choices
- My teeth
- Food and drink
- Exercise
- Rest and sleep
- Leisure time

Early Learning Goals 2021:

Prime Area: **Personal, Social & Emotional Development:** SR - Self Regulation • MS - Managing Self • BR Building Relationships

Specific Area: **Understanding the World:** PP - Past and Present • PCC - People, Culture and Communities

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