

# St Joseph's EYFS Skills Coverage - Subject Area: PSHE

	Nursery		Reception	
	Statement	In practice	Statement	In practice
<b>Sense of Self</b>	<p>Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them.</p> <p>Show more confidence in new social situations.</p> <p>Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.</p> <p>Increasingly follow rules, understanding why they are important.</p> <p>Remember rules without an adult reminding them</p>	<p><b>What makes me special?</b>  <b>Parents as partners</b>  <b>Class assemblies</b>  <b>Nativity/Easter shows</b>  <b>Our Talents</b>  <b>Next Steps</b>  <b>WOWs</b>  <b>Tapestry</b>  <b>Parental Tree</b>  <b>Class routines</b>  <b>Class promise</b>  <b>BIG questions</b>  <b>School scheme</b></p>	<p>See themselves as a valuable individual</p> <p>Show resilience and perseverance in the face of challenge.</p> <p>Manage their own needs</p>	<p><b>Commando Joe</b>  <b>Sharing our talents</b>  <b>Mindfulness for self-regulation</b>  <b>Similarities and differences</b>  <b>I am special</b>  <b>Tapestry</b>  <b>Model routines</b>  <b>School scheme</b></p>
<b>Emotions and feelings</b>	<p>Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.</p> <p>Understands how others might be feeling</p>	<p><b>Daily mindfulness</b>  <b>PSE scheme</b>  <b>Sensory room</b>  <b>Role play &amp; resources</b>  <b>Nursery books – Happy Hippo, Angry Alligator etc</b>  <b>Feeling mirror and photos</b>  <b>Mindful bottles</b></p>	<p>Express their feelings and consider the feelings of others.</p> <p>Identify and moderate their own feelings socially and emotionally.</p>	<p><b>PSE scheme</b>  <b>Mindfulness</b>  <b>Circle time</b>  <b>Books about feelings</b></p>
<b>Life skills (baking, play, health and self-care)</b>	<p>Start eating independently and learning how to use a knife and fork</p> <p>Being increasingly independent as they get dressed and undressed (coats and zips)</p> <p>Being increasingly independent in meeting their own care needs. (brushing teeth, toileting, washing hands)</p> <p>Make healthy choices about food, drink activity and tooth brushing</p> <p>Take part in simple pretend play, using an object to represent something else even though they are not similar.</p>	<p><b>Weekly Skills focus baking</b>  <b>Autumn Term: Spreading Cutting Grating Slicing chopping</b>  <b>Spring Term: Melting freezing heating cooling mixing</b>  <b>Summer Term: Planning Preparing Presenting</b>  <b>Discrete termly sessions:</b>  <b>Handwashing</b></p> <ul style="list-style-type: none"> <li>Nursery class 1,2,3,4,5 rule</li> <li>school nurse visit</li> </ul> <p><b>Teeth</b></p> <ul style="list-style-type: none"> <li>Clean teeth song</li> <li>Dentist visit</li> </ul> <p><b>Famous Person- Elsie Widowsen</b></p> <ul style="list-style-type: none"> <li>Healthy eating plates</li> <li>Healthy snacks</li> </ul> <p><b>Lunch time independence</b>  <b>Daily Snack Time</b>  <b>Friday – create own snack</b>  <b>Coat challenge</b>  <b>Knowing what we wear each season</b></p>	<p>Use their core muscles strength to achieve a good posture when sitting at a table or on the floor.</p> <p>Further develop the skills they need to manage the school day successfully:</p> <ul style="list-style-type: none"> <li>lining up and queuing</li> <li>mealtimes</li> </ul> <p>Know and take about the diff factors that support their overall health and well-being (regular activity, healthy eating, tooth brushing, screen time, good sleep routine, being a safe pedestrian)</p>	<p><b>Daily routine has lots of opportunity for lining up.</b>  <b>Famous Person- Elsie Widowsen</b></p> <ul style="list-style-type: none"> <li>Healthy eating plates</li> <li>Healthy snacks</li> </ul> <p><b>Tooth Brushing-</b></p> <ul style="list-style-type: none"> <li>Visit from a Dentist</li> <li>Brushing teeth in CP</li> <li>Song</li> </ul> <p><b>Daily mindfulness</b>  <b>PE sessions with Mr Ramsbottom</b></p>

*Each EYFS Classroom provides quality Continuous and Enhanced Provision within a safe, fun and happy environment. Teaching and learning is child-centred, meeting the needs and interests of our children, as reflected in our skills based planning. High quality modelling and use of language are key with communication and language being highly valued.*

