Subject	Autumn term	Spring Term	Summer Term
English	Overview of knowledge & Skills	Overview of knowledge & Skills	Overview of knowledge & Skills
	All About Me/People Who Help Us Baseline Assessment Phoneme Sets introduced (2 or 3 new phonemes weekly) Oral Blending <u>Snow & Ice (Frozen)</u> Phoneme Sets introduced (2 or 3 new phonemes/digraphs weekly Introduce cursive letter formation Oral Blending	Superheroes Read Write Inc introduced Tricky phonemes, digraphs/trigraphs introduced (2 or 3 new phonemes/digraphs weekly) Oral Blending, Labelling, Introduction to sentence structure. Dinosaurs Read Write Inc Tricky phonemes, digraphs/trigraphs introduced (2 or 3 new phonemes/digraphs weekly) Oral Blending, Labelling, Rhyming Captions differentiated sentence structure activities.	Growth, plants and mini-beasts Read Write Inc Digraphs, Trigraphs revisited (Bingo Games, Phonic Resources) Oral Blending, Labelling, rhyming, captions and sentence and story structure. The Gruffalo Read Write Inc Digraphs, Trigraphs revisited (Bingo Games, Phonic Resources) Oral Blending, Labelling, rhyming, captions and sentence and story structure. Children assessed against ELGs
Maths	Overview of knowledge	Overview of knowledge	Overview of knowledge
	All about me, People who help us Place Value: Numbers to 5 Addition and Subtraction: Sorting Place Value: Comparing groups Addition and Subtraction: Change within 5 Measurement: Time <u>Snow & Ice (Frozen)</u> Place Value: Numbers to 5 Addition and Subtraction: Sorting Place Value: Comparing groups Addition and Subtraction: Change within 5 Measurement: Time	Superheroes Addition and Subtraction: Numbers to 5 Place Value: Numbers to 10 Addition and Subtraction: Addition to 10 Geometry – Shape and Space Dinosaurs Addition and Subtraction: Numbers to 5 Place Value: Numbers to 10 Addition and Subtraction: Addition to 10 Geometry – Shape and Space	Growth, plants and mini-beasts Geometry: Exploring Patterns Addition and Subtraction: count on / back Place Value: numbers to 20 Multiplication and Division: numerical patterns Measurement: measures The Gruffalo, plants / recycling Geometry: Exploring Patterns Addition and Subtraction: count on / back Place Value: numbers to 20 Multiplication and Division: numerical patterns Measurement: measures

Ingrave Johnstone C of E Primary School Year Group Curriculum Overview

SUBJECT	Autumn Term	Spring Term	Summer Term
Science	Overview of knowledge & skills	Overview of knowledge & skills	Overview of knowledge & skills
	To comment and ask questions about	To comment and ask questions about	To comment and ask questions about
	aspects of their familiar world, such as the	aspects of their familiar world, such as the	aspects of their familiar world, such as the
	place where they live or the natural world. •	place where they live or the natural world. •	place where they live or the natural world. •
	To talk about some of the things they have	To talk about some of the things they have	To talk about some of the things they have
	observed, such as plants, animals, natural	observed, such as plants, animals, natural	observed, such as plants, animals, natural
	and found objects. • To talk about why	and found objects. • To talk about why	and found objects. • To talk about why
	things happen and how things work. • To	things happen and how things work. • To	things happen and how things work. • To
	develop an understanding of growth, decay	develop an understanding of growth, decay	develop an understanding of growth, decay
	and changes over time. • To show care and	and changes over time. • To show care and	and changes over time. • To show care and
	concern for living things and the	concern for living things and the	concern for living things and the
	environment To observe the effects of	environment To observe the effects of	environment To observe the effects of
	physical activity on their bodies. • To begin	physical activity on their bodies. • To begin	physical activity on their bodies. • To begin
	to be interested in and describe the texture	to be interested in and describe the texture	to be interested in and describe the texture
	of things. • To eat a healthy range of	of things. • To eat a healthy range of	of things. • To eat a healthy range of
	foodstuffs and understand a need for	foodstuffs and understand a need for	foodstuffs and understand a need for
	variety in food. • To show some	variety in food. • To show some	variety in food. • To show understanding
	understanding that good practices with	understanding that good practices with	that good practices practices with regard to
	regard to exercise, eating, sleeping and	regard to exercise, eating, sleeping and	exercise, eating, sleeping and hygiene can
	hygiene can contribute to good health. • To	hygiene can contribute to good health. • To	contribute to good health. • To look closely
	look closely at similarities, differences,	look closely at similarities, differences,	at similarities, differences, patterns and
	patterns and change. • To know the	patterns and change. • To know the	change. • To know the importance for good
	importance for good health of physical	importance for good health of physical	health of physical exercise, and a healthy
	exercise, and a healthy diet, and talk about	exercise, and a healthy diet, and talk about	diet, and talk about ways to keep healthy
	ways to keep healthy and safe To know	ways to keep healthy and safe To know	and safe To know about similarities and
	about similarities and differences in relation	about similarities and differences in relation	differences in relation to places, objects,
	to places, objects, materials and living	to places, objects, materials and living	materials and living things. They talk about
	things. They talk about the features of their	things. They talk about the features of their	the features of their own immediate
	own immediate environment and how	own immediate environment and how	environment and how environments might
	environments might vary from one another.	environments might vary from one another.	vary from one another.

SUBJECT	Autumn Term	Spring Term	Summer Term
RE	1st half-term Overview of knowledge Creation and Fall • Know God is important to Christians. • Christians believe God made the world. • Know the world is made of land and sea. • Creatures were created by God. • Church is a Christian place of worship. • Harvest is a way to say thank you to God the provider. • Christians respects God's name. • Christians worship God in many ways – singing, prayer etc	 <u>1st half-term Overview of knowledge</u> <u>Incarnation / Hinduism</u> (continue and complete incarnation from last term) (Hinduism) To know there are other world religions. To know that Hinduism is different to Judaism. Listen and recall aspects of Hindu stories, e.g. Rama and Sita. Hindus worship/pray each day - puja. Hindus worship a main God called Brahman. Hindus celebrate Divali. 	 <u>1st half-term Overview of knowledge</u> <u>Salvation / Gospel</u> (Complete salvation unit from last term) (Gospel) Name and locate the four main Gospels in the Bible. Explain what is meant by 'Good News' in a Christian context. Know how good news can make us feel. Know that god likes to give good things in answer to prayer. Christians thank God for good gifts.
	 1st half-term Overview of skills Begin to recognise and recall some features (key characters) of religious stories. Begin to recognise forms of religious expression, such as singing. Notice, discuss and record features of the world around us through art. 	 <u>1st half-term Overview of skills</u> Identify other world religions. Recall main features of Hindu stories, characters, moral etc. Recognise key symbols of other regions through art and craft activities. To recognise that religions have festivals to worship and celebrate. 	 <u>1st half-term Overview of skills</u> Reflect on the theme of good news and what could be considered 'good news' by writing good news cards. Realise that God gives many gifts, consider which are most important and why. Recall features of religious practices (prayer) and consider why people do this.
	 2nd half-term Overview of knowledge Judaism / Incarnation (near Christmas) (Judaism) To know there are lots of different religions in the world. People have different customs and beliefs. We can learn about important figures such as Noah through stories. Jews worship in a synagogue. A special person in a Jewish community is a Rabbi, a Vicar is a special Christian person. (Incarnation) To know that baby Jesus and adult Jesus are the same person. The Nativity story comes from the Bible. Christians share good news about Jesus by singing carols etc. Christians celebrate Jesus' birth on Christmas day. 	 2nd half-term Overview of knowledge Hinduism / Salvation Continue and complete Hinduism unit from last term) (Salvation) Jesus' followers believe he was the messiah (Christ). The Palm cross is a special symbol. Easter is a religious festival with lots of traditions. Special days are: Ash Wednesday, Maundy Thursday, Good Friday, Easter Sunday. Jesus died for peoples sins. The cross is a symbol of forgiveness. Know the story of the Good Samaritan. Know that Christians should try and help those in need. Know why we have shrove Tuesday and Lent. 	 <u>Pentecost / Islam</u> <u>Pentecost / Islam</u> (Pentecost) Jesus didn't leave a physical gift but a spiritual one – The Holy Spirit. Ascension: The disciples waited for the Holy Spirit to arrive , Acts 1:6-11. (Islam) Muslims go on a special journey called a Hajj, to a place called Mecca. Muslims worship in a Mosque. Muslims believe Allah's creations are seen in the natural world. Many Muslims wash before prayer – Wudu.

	 <u>2nd half-term Overview of skills</u> Recognise that different religions have 'special people'. Know that Mary and Joseph cared for Jesus as a child. Recall religious stories. Recognise that people worship in special places. Create decorations for different religious festivals and customs. Show knowledge of human growth (baby, toddler, child etc). Identify key people in a religious story. Recall some traditional religious songs. 	 <u>2nd half-term Overview of skills</u> Retell a significant Christian story through drama. Recognise that religious symbols are significant and have meaning. Recognise that Religions have important celebrations and that you can take part in different ways. Recognise you can pray in different ways. 	 2nd half-term Overview of skills Recall and identify other stories in the Bible where the followers of Jesus had to wait and be patient. Compare to own experiences of waiting and being patient. Consider a gift that you could give that is invisible – how would it make the recipient feel? Relate own journeys to that of a Hajj. Identify where Mecca is on a map. Experience visiting Christian and Islamic places of worship – similarities and differences? Understand that different religions have different customs – Wudu, explain why Muslims do this. Draw and paint signs of Allah's creation.
Computing	Overview of knowledge & skills <u>Technology:</u> • Completes a simple program on a computer. • Uses ICT hardware to interact with age-appropriate computer software. <u>Early Learning Goal</u> Children recognise that a range of technology is used in places such as homes and schools. They select and use technology for particular purposes.	Overview of knowledge & skills <u>Technology:</u> • Completes a simple program on a computer. • Uses ICT hardware to interact with age-appropriate computer software. <u>Early Learning Goal</u> Children recognise that a range of technology is used in places such as homes and schools. They select and use technology for particular purposes.	 <u>Overview of knowledge & skills</u> <u>Technology:</u> Completes a simple program on a computer. Uses ICT hardware to interact with age-appropriate computer software. <u>Early Learning Goal</u> Children recognise that a range of technology is used in places such as homes and schools. They select and use technology for particular purposes.

SUBJECT	Autumn Term	Spring Term	Summer Term
Music	 Overview of knowledge ME (1st Term) MY STORIES (2nd Term) <i>Listen and appraise</i> To recognise the words and actions to 5 nursery rhymes when singing together in a group To know what familiar songs are about. To experiment with different sounds within familiar songs. To know that you can make different sounds with parts of your body, your voice and instruments To begin to say if they like or dislike a piece of music Singing To confidently sing or say five songs from memory and sing them in unison. 	 Overview of knowledge EVERYONE (1st Term) OUR WORLD (2nd Term) (Continue with listening and appraising and singing knowledge from term 1) Playing To know the names of some of the instruments they are playing. To know there are different instruments from around the world. Improvisation To know that improvisation is when you make up your own songs and moves Everyone can improvise! 	Overview of knowledge BIG BEAR FUNK (1st Term) REFLECT, REWIND & REPLAY (2nd Term) (Continue with listening and appraising and singing knowledge, playing and improvisation from term 1 and 2) Composition • Composing is like writing a story with music. • Everyone can compose. Performance • A performance is sharing music with other people, called an audience.
	 Overview of skills Listen and appraise To join in with familiar songs including the words To create own sounds to familiar songs To be able to clap along to familiar songs with some sense of the pulse Singing To perform familiar songs along with others (act, sing move along) 	 Overview of skills (Continue with listening and appraising and singing skills from term 1) Playing Treat instruments carefully and with respect. Learn to hit 3 instruments correctly. Listen to and follow simple musical instructions from a leader (start and stop). Improvisation Clap and Improvise – Listen and clap back, then listen and clap your own answer (rhythms of words). To create own sounds to familiar songs. 	 Overview of skills (Continue with listening and appraising and singing knowledge, playing and improvisation from term 1 and 2) Composition Begin to experiment with different sounds within familiar songs. Begin to make up their own rhythms. Begin to create their own pictures drawings in response to various types of music. Performance Choose a song they have learnt from the Scheme and perform it. Listen and talk about different music that they like. Develop preferences for forms of expression. Imitate movement in response to music

SUBJECT	Autumn Term	Spring Term	Summer Term
History	Overview of knowledge & skills	Overview of knowledge & skills	Overview of knowledge & skills
	Children talk about past and present	Children talk about past and present	Children talk about past and present
	events in their own lives and in the	events in their own lives and in the	events in their own lives and in the
	lives of family members.	lives of family members.	lives of family members.
	They know that other children don't	They know that other children don't	They know that other children don't
	always enjoy the same things, and	always enjoy the same things, and	always enjoy the same things, and
	are sensitive to this.	are sensitive to this.	are sensitive to this.
	They know about similarities and	They know about similarities and	They know about similarities and
	differences between themselves and	differences between themselves and	differences between themselves and
	others, and among families,	others, and among families,	others, and among families,
	communities and traditions.	communities and traditions.	communities and traditions.
Geography	Overview of knowledge & skills	Overview of knowledge & skills	Overview of knowledge & skills
	Children know about similarities and	Children know about similarities and	Children know about similarities and
	differences in relation to places.	differences in relation to places.	differences in relation to places.
	They talk about the features of their	They talk about the features of their	They talk about the features of their
	own immediate environment and	own immediate environment and	own immediate environment and
	how environments might vary from	how environments might vary from	how environments might vary from
	one another.	one another.	one another.
	They make observations of their	They make observations of their	They make observations of their
	environment and explain why some	environment and explain why some	environment and explain why some
	things occur, and talk about	things occur, and talk about	things occur, and talk about
	changes.	changes.	changes.
	They look closely at similarities,	They look closely at similarities,	They look closely at similarities,
	differences, patterns and change.	differences, patterns and change.	differences, patterns and change.

SUBJECT	Autumn Term	Spring Term	Summer Term
Art	 Overview of knowledge & Skills Focus: Drawing (pencil, charcoal, inks, chalk, pastels, ICT software) Colour (painting, ink, dye, textiles, pencils, crayon, pastels) Begin to use a variety of drawing tools Use drawings to tell a story Investigate different lines Explore different textures Encourage accurate drawings of people Experimenting with and using primary colours Naming – mixing (not formal) Learn the names of different tools that bring colour Use a range of tools to make coloured marks on paper 	Overview of knowledge & skills Texture (textiles, clay, sand, plaster, stone) Form (3D work, clay, dough, boxes, wire, paper sculpture, mod roc) Handling, manipulating and enjoying using materials – Sensory experience – Simple collages – simple weaving Handling, feeling, enjoying and manipulating materials – Constructing – Building and destroying – Shape and model	Overview of knowledge & skills Printing (found materials, fruit/veg, wood blocks, press print, lino, string) Pattern (paint, pencil, textiles, clay, printing) Rubbings – Print with variety of objects – Print with block colours – repeating patterns – irregular painting patterns – Simple symmetry
Design Technology	Overview of knowledge & skills 1 st half-term - All about me (The Senses) / People who help us 2 nd half-term - Snow & Ice / Frozen Activities. Design Animal homes - Junk Modelling / collage / practical construction resources. Design & create - Christmas cards Free-play - design and construction using a variety of materials. SENSES - To examine and discuss the	Overview of knowledge & skills 1 st half-term - Superheroes 2 nd half-term - dinosaurs <u>Activities</u> Child Initiated - junk / construction models To design a Superhero and their special powers. To design an outfit for their Superhero.	Overview of knowledge & skills 1 st halfterm Mini-beasts. Growth & Plants Chick incubation activity. Gardening - growing vegetables and fruit. 2 nd halfterm The Gruffalo & the books of Julia Donaldson. Activities Child Initiated – junk / construction models To design a home for a chick. To list products needed for gardening. To design seed packets. Look after the environment posters. To select/ organise gardening ideas

importance of a variety of healthy foods.	To design a poster	and resources.
joous.		To plan and design a journey story
	To design a city in collage or practical	
To access to a wide range of visual and	bricks etc	indep
To access to a wide range of visual and audio materials such as books, poems, music, photographs and other creative materials/stimulus to ignite their interest To explore characteristics of everyday objects, shapes and materials. To know about similarities and differences in relation to places, objects, materials and living things. To begin to know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe. Children recognise and experience a range of media and technology. (They select and use technology for particular purposes.) They safely use and explore a variety of materials, tools and techniques.		 map ELG2 Children follow instructions involving several ideas or actions. ELG4 Children handle equipment and tools effectively. ELG6 Children are confident about trying new activities, and say why they like some activities more than others. They say when they do or do not need help. ELG12 They recognise, create and describe patterns. ELG14 They make observations and/or representations of animals, plants and objects. ELG15 Children explore and play with a wide range of media and materials. Children have opportunities and encouragement to share and develop their thoughts, ideas and feelings through a variety of activities in art, music, movement, dance, role-play, and design and technology. ELG16 Children explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function. ELG17 Children use what they have learnt about media and materials in original ways, thinking about uses and purposes .Children represent their own ideas, thoughts and feelings through design and technology. Children begin to evaluate existing products, their own work and that of others. Characteristics of Effective Learning Children are willing to have a go • are involved and concentrating • have their own ideas • choose ways to do things • find new ways of doing things • enjoy achieving what they set out to do.

SUBJECT	Autumn Term	Spring Term	Summer Term
PE	Overview of knowledge	Overview of knowledge	Overview of knowledge
	Focus on using bean bags	Dance	Focus on using hoops and quoits
	'Primary Games, Reception and Key Stage	'Primary Dance, Reception and Key Stage	'Primary Games, Reception and Key Stage
	1', Val Sabin.	1', Val Sabin.	1', Val Sabin.
	<u>Unit 1</u>	<u>Units: 1, 2, 3, 4</u>	Unit 3
	Moving and handling:	Moving and handling:	Moving and handling:
	I know that tools, objects, construction and	I know that objects need to be used safely.	I know that tools, objects, construction and
	malleable materials need to be used safely.	Health and self-care:	malleable materials need to be used safely.
	Health and self-care:	I understand the need for a variety in food.	Health and self-care:
	I understand the need for a variety in food.	I show some understanding that good	I understand the need for a variety in food.
	I show some understanding that good	practices with regards to exercise, eating,	I show some understanding that good
	practices with regards to exercise, eating,	sleeping and hygiene can contribute to good	practices with regards to exercise, eating,
	sleeping and hygiene can contribute to good	health.	sleeping and hygiene can contribute to
	health.	I show an understanding of the need for	good health.
	I show an understanding of the need for	safety when tackling new challenges, and	I show an understanding of the need for
	safety when tackling new challenges, and	consider and manage some risks.	safety when tackling new challenges, and
	consider and manage some risks.	I show an understanding of how to	consider and manage some risks.
	I show an understanding of how to	transport and store equipment safely.	I show an understanding of how to
	transport and store equipment safely.		transport and store equipment safely.
	Overview of skills	Overview of skills	Overview of skills
	Focus on using bean bags	<u>Dance</u>	Focus on using hoops and quoits
	'Primary Games, Reception and Key Stage	'Primary Dance, Reception and Key Stage	'Primary Games, Reception and Key Stage
	1', Val Sabin. <u>Unit 1</u>	1', Val Sabin.	1', Val Sabin.
	Moving and handling:	<u>Units: 1, 2, 3, 4</u>	<u>Unit 3</u>
	I experiment with different ways of moving.	Moving and handling:	Moving and handling:
	I can negotiate space successfully, adjusting	I can experiment with different ways of	I experiment with different ways of moving:
	speed or changing direction.	moving.	Walking, jogging and running.
	I can travel with confidence and skill.	I can negotiate space successfully, adjusting	I can negotiate space, adjusting speed or
	I can show increasing control over an object	speed or changing direction.	changing direction.
	in pushing, patting, throwing, catching or	I can travel with confidence and skill.	I can travel with confidence and skill.
	kicking it.	I can begin to use anticlockwise movement	I can show increasing control over an object
	I can handle objects safely and with	and trace vertical lines.	in pushing, patting, throwing, catching or
	increasing control.	Health and self-care:	kicking it.
	I show a preference for a dominant hand.	I practise some appropriate safety measures	I show a preference for a dominant hand.
	Health and self-care:	without direct supervision.	Health and self-care:
	I practise some appropriate safety measures		I practise some appropriate safety measures
	without direct supervision.		without direct supervision.

2 nd half-term Overview of knowledge	2 nd half-term Overview of knowledge	2 nd half-term Overview of knowledge
<u>Gymnastics</u>	Focus on using a ball	Focus on using hoops and quoits
'Primary School Gymnastics, Reception and	'Primary Games, Reception and Key Stage	'Primary Games, Reception and Key Stage
Key Stage 1', Val Sabin.	1', Val Sabin.	1', Val Sabin.
Units: Introductory Unit, A, B and C	<u>Unit 2</u>	Unit 3
Moving and handling:	Moving and handling:	Moving and handling:
I know that objects need to be used safely.	I know that tools, objects, construction and	I experiment with different ways of moving:
Health and self-care:	malleable materials need to be used safely.	Walking, jogging and running.
I understand the need for a variety in food.	Health and self-care:	I can negotiate space, adjusting speed or
I show some understanding that good	I understand the need for a variety in food.	changing direction.
practices with regards to exercise, eating,	I show some understanding that good	I can travel with confidence and skill.
sleeping and hygiene can contribute to good	practices with regards to exercise, eating,	I can show increasing control over an object
health.	sleeping and hygiene can contribute to good	in pushing, patting, throwing, catching or
I show an understanding of the need for	health.	kicking it.
safety when tackling new challenges, and	I show an understanding of the need for	I show a preference for a dominant hand.
consider and manage some risks.	safety when tackling new challenges, and	Health and self-care:
I show an understanding of how to	consider and manage some risks.	I practise some appropriate safety measures
transport and store equipment safely.	I show an understanding of how to	without direct supervision.
	transport and store equipment safely.	
2 nd half-term Overview of skills		2 nd half-term Overview of skills
<u>Gymnastics</u>	2 nd half-term Overview of skills	Focus on using ropes, bats and balls
'Primary School Gymnastics, Reception and	Focus on using a ball	'Primary Games, Reception and Key Stage
Key Stage 1', Val Sabin.	'Primary Games, Reception and Key Stage	1', Val Sabin.
Units: Introductory Unit, A, B and C	1', Val Sabin.	Unit 4
Moving and handling:	<u>Unit 2</u>	Moving and handling:
I can jump off an object and land	Moving and handling:	I know that tools, objects, construction and
appropriately.	I experiment with different ways of moving:	malleable materials need to be used safely.
I experiment with different ways of moving.	walking, jogging and running.	Health and self-care:
I can negotiate space successfully, adjusting	I can negotiate space successfully, adjusting	I understand the need for a variety in food.
speed or changing direction.	speed or changing direction.	I show some understanding that good
I can travel with confidence and skill	I can travel with confidence and skill.	practices with regards to exercise, eating,
around, under, over and through balancing	I can show increasing control over an object	sleeping and hygiene can contribute to
and climbing equipment.	in pushing, patting, throwing, catching or	good health.
Health and self-care:	kicking it.	I show an understanding of the need for
I practise some appropriate safety measures	I show a preference for a dominant hand.	safety when tackling new challenges, and
without direct supervision.	Health and self-care:	consider and manage some risks.
	I practise some appropriate safety measures	I show an understanding of how to
	without direct supervision.	transport and store equipment safely.

SUBJECT	Autumn Term	Spring Term	Summer Term
PSHE	Overview of knowledge & skills <u>Living in the wider world</u> <u>Self-confidence and self-awareness:</u> select and use activities and resources with help, welcome and value praise for what they have done, enjoy the responsibility of carrying out small tasks, be more outgoing towards unfamiliar people and mare confident in new social situations, be confident talking to other children when playing and communicate freely about own home and community, show confidence in asking adults for help.	Overview of knowledge & skills <u>Relationships</u> : <u>Making relationships</u> : play in a group, extending and elaborating play ideas e.g. building up a role play activity with other children, initiate play offering cues for peers to join them, keep play going by responding to what others are saying or doing, demonstrate friendly behaviour initiating conversations and forming good relationships with peers and familiar adults, understand that own actions affect other people, be aware of boundaries set and of behavioural expectations in the setting, begin to be able to negotiate and solve problems without aggression, play co operatively taking turns, take account of one another's ideas about how to organise their activity, show sensitivity to others' needs and feelings and form positive relationships with adults and other children. People and communities: show interest in the lives of people who are familiar to them, remember and talk about significant events in their own experiences, recognise and describe special times or events for family or friends, show interest in different occupations and ways of life, know some of the things that make them unique and talk about some of the similarities and differences in relation to friends or family.	Overview of knowledge & skills <u>Health & Well-being</u> <u>Health and self-care:</u> tell adults when hungry or tired or when they want to rest or play, gain more bowel and bladder control and attend to toileting needs most of the time themselves, manage washing and drying hands, dress with help.
	<u>Self-confidence and self-awareness</u> : be confident to speak to others about own needs, wants, interests and opinions, to describe self in positive terms and talk about abilities, be confident to try new activities and say why they like some activities more than others, confident to	<u>Managing feelings and behaviour:</u> be aware of own feelings and know that some actions and words can hurt others' feelings, begin to accept the needs of others and to take turns and share resources sometimes with support from others, usually tolerate delay when needs are not immediately met and understand wishes may not always be met, usually adapt behaviour to different events, social situations and changes in routines, explain own knowledge and	<u>Health and self-care:</u> eat a healthy range of foodstuffs and understand a need for variety in food, be dry and clean during the day, show some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health, show understanding of the need for

speak in a familiar group, talking about ideas and choose resources for chosen activities, say when they do and don't need help.	understanding and ask appropriate questions of others, take steps to resolve conflicts with other children e.g. finding a compromise, talk about how they and others show feelings, talk about their own and others' behaviour and its consequences and know that some behaviour is unacceptable, work as part of a group or class and understand and follow the rules, adjust behaviour to different situations and take changes of routine into their stride.	safety when tackling new challenges and consider and manage some risks, practice some appropriate safety measures without direct supervision, know the importance of good health of physical exercise and healthy diet and talk about ways to keep healthy and safe.
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