



Quinton Church Primary School EYFS to KS1 Bridges

PSHE EYFS to KS1 bridge

Prime area of Learning	ELG 3 Self Regulation	How this is achieved in EYFS	PSHE KS1
<u>Personal,</u> <u>Social and</u> <u>Emotional</u> <u>Development</u>	<ul style="list-style-type: none"> 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 	<p>We teach JIGSAW from Reception to Year 6. By the end of Reception, the children will have covered the following topics:</p> <p>Being Me In My World</p> <ul style="list-style-type: none"> Self-identity Understanding feelings Being in a classroom Being gentle Rights and Responsibilities <p>Celebrating Differences</p> <ul style="list-style-type: none"> Identifying talents Being special Families Where we live Making friends Standing up for yourself <p>Dreams and Goals</p> <ul style="list-style-type: none"> Challenges Perseverance Goal-setting 	<ul style="list-style-type: none"> Focus attention on my perceptions and thoughts. I can understand how and why my thoughts, feelings and actions change in response to different experiences Notice and communicate my feelings. Begin to notice when I need help to manage my feelings. Reflect upon experiences Pay attention to the feelings of others and learn to think about why they may feel that way Improve basic movement skills in familiar and unfamiliar situations. Make decisions based on what I know I can identify and assess risks. Respond to prompts in creative ways. Have the confidence and motivation to persevere when faced with physical challenges. Develop an understanding that I need a balanced diet and make informed choices about the food I eat.
	<p style="text-align: center;">ELG 4 Managing Self</p> <ul style="list-style-type: none"> 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 		



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	<p>understanding the importance of healthy food choices.</p>	<ul style="list-style-type: none">• Overcoming obstacles• Seeking help• Jobs• Achieving goals <p>Healthy Me</p> <ul style="list-style-type: none">• Exercising bodies• Physical activity• Healthy food• Sleep <p>Relationships</p>	<p>Subject content links:</p> <ul style="list-style-type: none">• Being me in my world• Celebrating differences• Dreams and Goals• Healthy Me• Relationships• Changing me
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