



## 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"> <li>Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.</li> <li>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li> <li>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</li> </ul>	<p>We follow the programme My Happy Mind from Reception to Year 6, this includes learning about</p> <ul style="list-style-type: none"> <li>Meet Your Brain</li> <li>Celebrate</li> <li>Appreciate</li> <li>Relate</li> <li>Engage</li> </ul> <p>We also 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"> <li>Self-identity</li> <li>Understanding feelings</li> <li>Being gentle</li> </ul> <p>Dreams and Goals</p> <ul style="list-style-type: none"> <li>Challenges</li> <li>Perseverance</li> <li>Goal-setting</li> </ul>	<ul style="list-style-type: none"> <li>Focus attention on my perceptions and thoughts. I can understand how and why my thoughts, feelings and actions change in response to different experiences</li> <li>Notice and communicate my feelings.</li> <li>Begin to notice when I need help to manage my feelings.</li> <li>Reflect upon experiences</li> <li>Pay attention to the feelings of others and learn to think about why they may feel that way</li> <li>Improve basic movement skills in familiar and unfamiliar situations.</li> <li>Make decisions based on what I know</li> <li>I can identify and assess risks.</li> <li>Respond to prompts in creative ways. Have the confidence and motivation to persevere when faced with physical challenges.</li> <li>Develop an understanding that I need a balanced diet and make informed choices about the food I eat.</li> </ul>	
	<p style="text-align: center;"><b>ELG 4</b> <b>Managing Self</b></p>			
	<ul style="list-style-type: none"> <li>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</li> <li>Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>Manage their own basic hygiene and personal needs, including dressing going to the toilet and</li> </ul>			



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	<p>understanding the importance of healthy food choices.</p>	<p>Healthy Me</p> <ul style="list-style-type: none"><li>• Exercising bodies</li><li>• Physical activity</li><li>• Healthy food</li><li>• Sleep</li><li>• Stranger Danger</li></ul> <p>Relationships</p> <ul style="list-style-type: none"><li>• My family and me</li><li>• Making friends</li><li>• Falling out and bullying</li></ul> <p>Changing Me</p> <ul style="list-style-type: none"><li>• My body and showing respect for my body</li><li>• Growing Up</li><li>• Fun and fears – Transition to Year One</li><li>• Celebration</li></ul>	<p><b>Subject content links:</b></p> <ul style="list-style-type: none"><li>• <b>Being me in my world</b></li><li>• <b>Celebrating differences</b></li><li>• <b>Dreams and Goals</b></li><li>• <b>Healthy Me</b></li><li>• <b>Relationships</b></li><li>• <b>Changing me</b></li></ul>
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