Cambridgeshire Personal Development Programme • Foundation Framework



 Myself and My Relationships 1 Beginning and Belonging (NB, GFG) 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? How do we welcome new people to our class? What can I do to make the classroom a safe and happy place? How can I play and work well with others? How can I respect the needs of others? How does my behaviour make other people feel? 	 Belonging in the class Likes and dislikes Similarities and differences Setting goals Recognising feelings Communication and cooperation Ground Rules Rights Rules and Responsibilities Right and wrong Fair and unfair
 Myself and My Relationships 2 My Family and Friends - Including Anti-bullying (GOFO, SNTB) Who are my special people and why are they special to me? Who is my family and how do we care for each other? What is a friend? How can I be a good friend? How do I make new friends? How can I make up with friends when I have fallen out with them? How does what I do affect others? Do I know what to do if someone is unkind to me? 	 Valuing difference and diversity Kind and unkind behaviour Bullying Conflict resolution Asking for help and telling Being assertive Safety Circle Supporting others
 Myself and My Relationships 3 My Emotions (C, R, GTBM) Can I recognise and show my emotions? Can I recognise emotions in other people and say how they are feeling? Do I know what causes different emotions in myself and other people? How do I and others feel when things change? Do I know simple ways to make myself feel better? How can I help to make other people feel better? 	 Identifying and managing emotions Feelings, thought and behaviour Fair and unfair Loss and change Empathy
 Citizenship 1 Identities and Diversity Who are the people in my class and how are we similar to and different from each other? Who are the different people who make up a family? What things are especially important to my family and me? What are some of the similarities and differences in the way people including families live their lives? 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? 	 Similarities, difference and diversity Respecting and valuing others The way we live Neighbourhood Our beliefs Routines, customs and traditions Culture, race and religion
 Citizenship 2 Me and My World Who are the people who help to look after me and my school 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? Who are the people who live and work in my neighbourhood including people who help me? 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? How do we save money? 	 People and places Family, school, neighbourhood Jobs, roles and responsibilities Helping and working together Caring for living things Local environments Money
 Healthy and Safer Lifestyles 1 My Body and Growing Up 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? How am I learning to take care of myself and what do I still need help with? Who are the members of my family and trusted people who look after me? How do I feel about growing up? 	 Valuing the body Body parts My teeth Shapes and sizes Self care skills Change and responsibilities
Healthy and Safer Lifestyles 2 Keeping Safe (Including Drug Education)	• Assessing risk

- What do I think I have to keep safe from?
- How do I know if something is safe or unsafe?

Keeping Safe (Including Drug Education)

- Do I understand simple safety rules for when I am at home, at school and when I am out and about?
- Can I say 'No!' if I feel unsure about something and it does not feel safe or good?
- Can I ask for help and tell people who care for me if I am worried or upset?
- Who are the people who help to keep me safe?
- What goes on to and into my body and who puts it there?
- Why do people use medicines?
- What are the safety rules relating to medicines and who helps me with these?

Healthy and Safer Lifestyles 3 **Healthy Lifestyles**

- 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?
- Do I understand why food and drink are good for us?
- Do I understand what exercise is and why it is good for us?
- Do I understand why rest and sleep are good for us?

- Safety Circle
- Good and bad secrets
- Good and bad touches
- Real and pretend

• Assessing risk • Personal safety skills

- Lost and found
- Road Safety Safe use of medicines
- Medicines, pills, injections

Healthy ChoicesMy teeth • Food and drink • Exercise

- Rest and sleep
- Leisure time

SEAL Links: NB=New Beginnings; GOFO=Getting on and falling out; SNTB=Say no to bullying; GFG=Going for goals; GTBM=Good to be me; R=Relationships; C=Changes

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