**Cambridgeshire Personal Development Programme • Foundation Framework**

# Myself and My Relationships 1

* **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**

## 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?

# Myself and My Relationships 2

* **Valuing difference and diversity**
* **Kind and unkind behaviour**
* **Bullying**
* **Conflict resolution**
* **Asking for help and telling**
* **Being assertive**
* **Safety Circle**
* **Supporting others**

## 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?

# Myself and My Relationships 3

* **Identifying and managing emotions**
* **Feelings, thought and behaviour**
* **Fair and unfair**
* **Loss and change**
* **Empathy**

## 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?

# Citizenship 1

* **Similarities, difference and diversity**
* **Respecting and valuing others**
* **The way we live**
* **Neighbourhood**
* **Our beliefs**
* **Routines, customs and traditions**
* **Culture, race and religion**

## 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?

# Citizenship 2

* **People and places**
* **Family, school, neighbourhood**
* **Jobs, roles and responsibilities**
* **Helping and working together**
* **Caring for living things**
* **Local environments**
* **Money**

## 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?

# 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)

* What do I think I have to keep safe from?
* How do I know if something is safe or unsafe?
* 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?
* **Assessing risk**
* **Personal safety skills**
* **Safety Circle**
* **Good and bad secrets**
* **Good and bad touches**
* **Real and pretend**
* **Lost and found**
* **Road Safety**
* **Safe use of medicines**
* **Medicines, pills, injections**

# 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?
* **Healthy Choices**
* **My 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**

© Cambridgeshire PSHE Service 2011 • No reproduction without permission • Version 2.1 • 01480 376256