

PDL Curriculum Coverage

Year R	
Me and My Relationships	
All about me	Talk about their own interests; Talk about their families; Talk about how they are the same or different to others.
What makes me special	Share their favourite interests and objects; Talk about themselves positively; Listen to what others say and respond.
Me and my special people	Talk about the important people in their lives; Understand that we have different special people; Name key people outside of families that care for them.
Who can help me?	Talk about when they might feel unsafe or unhappy; Name the people who will help them; Notice when a friend is in need at school and help them.
My feelings	Describe different emotions; Explore how we feel at certain times or events; Identify ways to change feelings and calm down.
My feelings (2)	Identify events that can make a person feel sad; Suggest ways in which they can help a friend who is sad; Choose ways to help themselves when they feel sad.
Valuing Difference	
I'm special, you're special	Describe their own positive attributes; Share their likes and dislikes; Listen to and respect the ideas of others.
Same and different	Recognise the similarities and differences amongst their peers; Discuss why differences should be celebrated; Retell a story.
Same and different families	Talk about their family, customs and traditions; Listen to others talk about their experiences; Compare their own experiences with those of others.
Same and different homes	Recognise the similarities and differences between their home and those of others; Talk about what makes their home feel special and safe; Be sensitive towards others.
I am caring	Suggest ways in which we can be kind towards others; Demonstrate skills in cooperation with others.
I am a friend	Show friendly behaviour towards a peer; Build relationships with others.

Keeping Safe

What's safe to go onto my body	Name things that keep their bodies safe; Name things that keep their bodies clean and protected; Think about how to recognise things that might not be safe.
Keeping myself safe - what's safe to go into my body (including medicines)	Make safe decisions about items they don't recognise; Talk about what our bodies need to stay well; Name the safe ways to store medicine and who can give it to children (adults).
Safe indoors and outdoors	Name some hazards and ways to stay safe inside; Name some hazards and ways to stay safe outside; Show how to care for the safety of others.
Listening to my feelings (1)	Name the adults who they can ask for help from, and will keep them safe; Recognise the feelings they have when they are unsafe; Talk about keeping themselves safe, safe touches and consent.
Keeping safe online	Share ideas about activities that are safe to do on electronic devices (including not to talk to any strangers online.); What to do and who to talk to if they feel unsafe online; Think about the healthy amount of time to spend on devices.
People who help to keep me safe	Name the people in their lives who help to keep them safe; Name people in their community who help to keep them safe; Talk about ways to keep themselves safe in their environment.
Basic first aid	Primary>safety-> calling 999

Rights and Respect

Looking after my special people	Name the special people in their lives; Understand that our special people can be different to those of others.
Looking after my friends	Talk about why friends are important and how they help us; Identify ways to care for a friend in need; Identify ways to help others in their community.
Being helpful at home and caring for our classroom	Identify ways in which they help at home; Recognise the importance of taking care of a shared environment; Name ways in which they can look after their learning environment.
Caring for our world	Think about what makes the world special and beautiful; Name ways in which they can help take care of the environment, e.g. recycling, saving energy, wasting less; Talk about what can happen to living things if the world is not cared for.
Looking after money (1): recognising, spending, using	Recognise coins and other items relating to money; Identify the uses of money; Begin to understand that money can be kept safely in a bank as digital money. Recognise that adults can use devices like phones to pay for things. Think about the risks related to online gaming.

Looking after money (2): saving money and keeping it safe	<p>Talk about why it's important to keep money safe;</p> <p>Identify ways to save money;</p> <p>Talk about why we save money;</p> <p>Begin to understand that money can be kept safely in a bank as digital money;</p> <p>Recognise that adults can use devices like phones to pay for things.</p>
Being My Best	
Bouncing back when things go wrong	<p>Share an experience where they haven't achieved their goal;</p> <p>Develop their confidence and resilience towards having a growth mindset;</p> <p>Name a strategy to overcome a hurdle.</p>
Yes, I can!	<p>Share an experience where they haven't achieved their goal.</p> <p>Develop their confidence and resilience towards having a growth mindset.</p> <p>Name a strategy to overcome a hurdle.</p>
Healthy eating (1)	<p>Name and choose healthy foods and drink;</p> <p>Understand there are some foods that are a "just sometimes" food or drink (eating in moderation);</p> <p>Explain the jobs of different food groups.</p>
My healthy mind	<p>Feel resilient and confident in their learning.</p> <p>Name and discuss different types of feelings and emotions.</p> <p>Learn and use strategies or skills in approaching challenges.</p> <p>Understand that they can make healthy choices.</p> <p>Name and recognise how healthy choices can keep us well.</p>
Move your body	<p>Describe the changes in their body during exercise and what is happening to their body;</p> <p>Explain how exercise can help us stay well - physically and mentally;</p> <p>Name some ways to keep their body fit and well.</p>
A good night's sleep	<p>Understand why our body needs sleep;</p> <p>Talk about their own bedtime routine;</p> <p>Suggest ways to have a calm evening and bedtime routine.</p>
Growing and changing	
Seasons	<p>Name the different seasons and describe their differences;</p> <p>Explain the changes that occur as seasons change;</p> <p>Talk about how they have grown in resilience.</p>
Life stages - plants, animals, humans	<p>To understand that animals and humans change in appearance over time;</p> <p>Use relevant vocabulary such as egg, seed, baby, grow, change, old, young (and the names for young animals);</p> <p>Make observations and ask questions about living things.</p>
Life Stages: Human life stage - who will I be?	<p>Retell a story and respond to questions about it.</p> <p>Use the language and describe the different life stages of: baby, child, teenager, adult, older age.</p> <p>Talk about marriage and civil partnerships – what they are and why people might choose them.</p> <p>Talk about their own experience of growing up.</p>
Where do babies come from?	<p>Explain that a baby is made by a woman and a man, and grows inside a mother's tummy.</p>

	<p>Understand that every family is different. Talk about similarities and differences between themselves and others.</p>
Getting bigger	<p>Talk about how they have changed as they have grown. Explain the differences between babies, children, and adults. Understand that we are all unique.</p>
Me and my body - girls and boys	<p>Name parts of the body (including reproductive parts) using the correct vocabulary. Explain which parts of their body are kept private and safe and why. Tell or ask an appropriate adult for help if they feel unsafe.</p>