Cambridgeshire Personal Development Programme • Foundation Framework

EYFS (Reception) follow the same programme of units every year.

Unit Title	Unit Context and Description
Myself and My Relationships 1 **Beginning and Belonging**	The children will explore how they are all uniquely special, which will include exploring their likes and dislikes and the things they are able and are learning to do. They will examine and learn to value and respect similarities and differences between themselves and their peers. The children will explore and learn to appreciate their own needs and those of others and will examine the needs of newcomers joining the class. They will engage in activities which will develop their interpersonal skills and ability to form and maintain relationships with others within their class and at school. They will explore codes of behaviour which enable them to work together and learn to appreciate the need for rules in order to protect their own and other people's rights. They will have the opportunity to develop their own set of class rules.
Myself and My Relationships 2 **My Family and Friends - Including Anti-bullying**	The children will learn to identify special people in their lives and will explore why they are so important. They will learn about different family groupings; what they enjoy doing together and how they care for each other. They will learn about friendship and what it means to be a good friend. They will explore a range of communication and social skills which are necessary for effective relationships and will examine why friends may sometimes fall out. They will learn ways to manage uncomfortable feelings and will begin to learn simple methods for resolving conflict. They will learn to recognise common forms of unkindness and develop some strategies for dealing with them. They will develop their ability to value and empathise with others by examining hurtful behaviour and its effects on others. This unit provides the first steps in learning about bullying and recognising bullying as a form of unkind behaviour. Bullying is explored in the context of valuing and respecting difference and diversity.
Myself and My Relationships 3 **My Emotions**	The children will learn to identify different emotions in themselves and other people and will begin to understand the different ways in which people express and show emotions. They will explore what causes emotions in themselves and other people and how this can be different for different people. They will begin to develop an understanding of how our feelings affect the way we behave. They will examine the feelings associated with different types of loss and change, including situations such as losing something special, moving house, experiencing something new, missing a friend or family member and experiencing the death of a pet. The children will explore simple ways of making themselves feel better when they experience an uncomfortable feeling which will include identifying trusted people within their Safety Circle. They will also explore ways of helping other people feel better when they experience uncomfortable feelings.
Citizenship 2 **Me and My World**	The children will develop their understanding of what it means to belong to a community by exploring the roles of people who work in the school and who help to look after them. They will also learn about people who work in the local neighbourhood and what role they play in contributing to community life including helping and supporting others. The children will develop their sense of responsibility for caring for their environments including their homes, school and local neighbourhoods. They will experience first-hand opportunities to explore places in the neighbourhood, find out about their local area and develop an awareness of what they like and dislike about the local area. The children will have the opportunity to become aware of and interested in the natural world and will develop responsible and caring attitudes towards animals and plants. As an

	early stepping stone in developing the children's understanding of Financial Capability, this unit provides the children with the opportunity to explore what money is and how it can be used for different purposes.
Citizenship 1 **Identities and Diversity**	The children will explore why they are special and what makes their own individual identity. They will begin to understand how they mix with others and belong to different groups e.g. their family, class, school, clubs; neighbourhood. They will examine similarities and differences between themselves and other children in the class, and will have opportunities to explore diversity in terms of gender, ethnicity, language, religion, culture, different family groupings, special educational needs and disability. They will learn about some of the similarities and differences between families including the different people in families and where families live. They will explore what is special about different families' lifestyles including how a family's cultural background, their traditions or beliefs can form an important part of their life, and ways in which this is celebrated. They will consider how what they do and say can affect the needs and feelings of other people and how they and everyone else have the right to be valued and treated fairly and equally whatever their cultural background or choice of lifestyle.
Healthy and Safer Lifestyles 1 **My Body and Growing Up**	This unit is designed to support children in learning how to value and appreciate their own and other people's bodies. Children will learn to recognise and name external parts of the body including using scientific names for the external sexual parts of the body. They will learn to recognise and appreciate similarities and differences between bodies, including those between girls and boys. The children will learn to appreciate the variety of things that they can do with their bodies, how they have changed physically since they were very young and how they will continue to grow and change all their lives. This unit looks at personal hygiene and supports children in developing appropriate responsibility for it. They will continue to develop basic hygiene routines, including toileting and washing, and will also learn about the importance of good hygiene and cleanliness for preventing the spread of disease. This unit is designed to encourage children to analyse their own role in developing positive, responsible and caring attitudes. They will learn that, as they grow, they will become more independent and will take more responsibility for looking after themselves and things around them. The children will examine what they currently do to look after themselves, including dressing and undressing. They will learn to recognise areas where they still need support from others to ensure their personal needs are met and to be aware of the adults who provide this care.
Healthy and Safer Lifestyles 2 **Keeping Safe (Including Drug Education)**	In this unit children will explore what feeling safe means. They will have the opportunity to make a Safety Circle where they will identify the people who can help them, including people in different contexts in their lives. They will develop skills to enable them to access help and support as well as learning how to help others. They will experience activities designed to explore different kinds of touches, both good and bad, and the names of intimate body parts and understand that if they are touched in any of these areas, they must tell someone on their Safety Circle. The unit also covers different types of secrets; saying no and who to tell if they have a worry. They will learn to identify potential risks to their safety and will develop an understanding of how they can take some responsibility for their own safety in different contexts, including examining the need for safety rules in order to keep themselves and others safe. This includes when they are out and about which will include exploring safe and unsafe places to play, learning basic road safety skills and how to keep themselves safer when they are lost and have become separated from a parent/carer. They will also be encouraged to consider their personal safety when using technology. As part of their Drug Education, the children will learn about the potential dangers of both known and unknown substances. They will investigate what goes into and on to their bodies, who puts it there and how they feel about this. They will learn about the role of medicines and look at rules for the safe use of medicines.

Healthy and Safer Lifestyles 3 **Healthy Lifestyles**	This unit places particular importance on the understanding of what our bodies need to be healthy and what activities children need to do to maintain a healthy body. It is designed to help children understand the healthy choices available to them and equip them with the skills to make their own decisions to keep themselves healthy and follow a healthy lifestyle. The children will explore, through a variety of activities, how, in order to keep healthy, they will need a balanced diet, rest, sleep and regular exercise.