

St Joseph's Pre School
Autumn 1: It's All about Me!

Personal, Social and Emotional Development	Physical Development	Communication and Language	Understanding the World	Literacy	Maths	Expressive Arts and Design	Key Texts
Children will: - Build relationships with adults and peers. - Develop confidence in the setting and routines. - Explore and name feelings using emotion cards and stories. - Learn to take turns, share and play cooperatively. - Begin to understand similarities and differences between themselves and others. Key experiences: "How do I feel today?" board.	Children will: - Develop independence in self-care routines (toileting, handwashing, dressing). - Strengthen fine motor skills through drawing, threading, mark-making and puzzles. - Build gross motor skills through movement games and outdoor play. - Learn about body parts and how their bodies move. Key experiences: - Movement games ("Move like you feel").	Children will: - Talk about themselves, their families and their experiences. - Learn and use vocabulary linked to the body, senses, feelings and family. - Listen to stories about identity, families and emotions. - Engage in small-group discussions, circle time and key-person conversations. - Follow simple instructions during routines and activities. Key experiences: - Sharing family photos.	Children will: - Explore their families, homes and communities. - Learn about their senses and how they use them. - Notice similarities and differences between themselves and others. - Begin to understand that families come in many forms. - Learn about the St Joseph's community and who helps them. Key experiences: - Family photo display.	Children will: - Recognise and begin to write their names. - Enjoy stories about families, feelings and identity. - Engage in early mark-making linked to themselves. - Sequence simple stories and events. Key experiences: - Name cards and name writing practice. - Drawing family pictures. - Story sequencing (Owl Babies).	Children will: - Count body parts and features. - Compare heights, hand sizes and other measurable attributes. - Sort objects and pictures by simple categories (hair colour, eye colour, family size). - Explore patterns using colours and shapes linked to themselves. Key experiences: - Height charts.	Children will: - Create self-portraits using a range of materials. - Explore colour mixing to match skin tones, hair and eyes. - Engage in imaginative play linked to home and family. - Express themselves through music, movement and role play. Key experiences: - Painting self-portraits. - Collage faces. - Home corner role play.	<i>me, family, mum, dad, brother, sister, baby, home, friend, feelings, happy, sad, scared, excited, body, eyes, ears, nose, mouth, hands, feet, name, school, St Joseph's</i> <i>Super Duper You by Sophy Henn</i> <i>What makes me a me? by Ben Faulkes & David Tazzyman</i> <i>The Growing Story by Ruth Knaves & Helen Oxenbury</i> <i>Only one you by Kran</i>



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• Turn-taking games. • Circle time about families and friendships. • Role-play home life.	• Drawing self-portraits and body outlines. • Practising putting on coats and shoes. • Exploring senses through hands-on activities.	• Talking about likes/dislikes. • Story sessions (<i>Owl Babies</i>, <i>So Much, My Mum, My Dad</i>). • Using mirrors to describe themselves.	• Senses exploration (taste, smell, touch, sound). • Talking about home life. • Meeting staff and learning their role	• Creating "All About Me" books.	• Sorting activities. • Counting games using body parts. • Pattern bracelets or name patterns.	• Music linked to feelings.	<i>You Choose by Pippa Goodhart</i> <i>All Kinds of families by Sophie Henn</i> <i>My Hair by Hannah Lee</i> <i>The Stompysaurus by Rachel Bright</i> <i>Kindness Makes me Strong by Sophie Bear</i>
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Curriculum Intent

To help children develop a strong sense of identity, belonging and confidence as they begin the school year. The topic supports children in understanding who they are, their families, their bodies, their feelings and their place in the St Joseph's community.

Why This Learning Matters

- Builds secure relationships and emotional safety at the start of the year.
- Encourages children to talk about themselves and their experiences.
- Supports early communication, social skills and self-regulation.
- Helps children recognise similarities and differences in others.
- Lays foundations for personal independence and wellbeing.

