

EYFS PSED Objective Mapping



Introduction

This document is designed to support planning and evidence-gathering for each PSED objective from the Development Matter document for EYFS. It includes a breakdown of the PSHE Association.





Reception (Level 2)



Reception PSED Objectives

Objectives	 myHappybody Activity 1	 myHappybody Activity 2	 myHappyrelationships Activity 1	 myHappyrelationships Activity 2
Manage their own personal hygiene needs.	✓			
Know and talk about the different factors that support their overall health and well-being: regular physical activity, healthy eating, teeth brushing, sensible amounts of 'screen time' and having a good sleep routine.	✓			
Know and talk about the different factors that support their overall health and well-being: Being a safe pedestrian.		✓		
Build constructive and respectful relationships.			✓	
Continue developing positive attitudes about the differences between people.			✓	
Express their feelings and consider the feelings of others.				✓
Show resilience and perseverance in the face of challenges.				✓

Reception PSED Objectives

Objectives	myHappyrelationships Activity 2	myHappyworld Activity 1	myHappyworld Activity 2
Identify and moderate their own feelings socially and emotionally.	✓		
Think about the perspectives of others.	✓		
Name and describe people who are familiar to them.		✓	
See themselves as a valuable individual.			✓