



EY PSPE Curriculum 2020-21
(Reference – IB PSPE Scope and Sequence)

<u>Identity</u>	
Vatika	Praveshika
<ul style="list-style-type: none"> • Understand that their bodies change as they grow • Be aware that their behavior affects others • Have an awareness of themselves and how they are similar and different Appropriate daily tasks can identify and explore strategies that help them cope with change • Describe how they have grown and changed • As people grow and change they develop new skills, understandings and abilities. • Knowing how we are similar to different from others helps shape our understanding of self • Reflecting on our experiences helps us to understand ourselves better • identify their feelings and emotions and explain possible causes • willingly approach and preserve new situations • demonstrate a sense of competence with developmentally appropriate daily tasks and seek support to develop independence 	<ul style="list-style-type: none"> • Talk about new understandings and abilities that have accompanied bodily changes. • Reflect on their experiences in order to inform future learning and to understand themselves better. • Understand other people’s points of view and help them to understand theirs. • Know the growth and changes in himself. • Recognize the strengths, limitations and challenges as well as the ability to cope successfully with situations of change and adversity. • Identify themselves in relation to others (for example family, peers, school, class, ethnicity, gender) • Talk about similarities and differences between themselves and others. • Recognize that others have emotions, feelings and perspectives that may be different from their own. • Identify positive thoughts and attitudes in themselves and others.

Active Living

Vatika	Praveshika
<ul style="list-style-type: none">• Identify when their actions have had an impact• Explore the body’s capacity for movements• Including creative movement• Interact with and demonstrate care for local environment• Show an awareness of how daily practices, including exercise can have an impact on wellbeing.• Reflect on their experiences in order to inform future learning and to understand themselves better• Our bodies change as we grow• Safe participation requires sharing space and following rules• We can explore our body’s capacity for movement• Our daily practices can observe can have an impact on our well being• Demonstrate awareness of how being active contributes to good health• Be aware of basic hygiene in their daily routines• Develop range of fine and gross motor skills• Recognize that acting upon instructions and being aware of others helps to ensure safety	<ul style="list-style-type: none">• Make changes in their lifestyle to make it more balanced.• Make choices and evaluate consequences.• Work towards achieving personal goals.• Reflect on the development of his/her own physical well – being.• Master new skills and techniques in a variety of physical activities.• Develop strategies to improve individual and team performance in physical activities.• Understand the factors that contribute to a healthy lifestyle.• Use cooperative behaviors in order to function as part of a group of a team.• Engage in a variety of different physical activities.• Observe that their bodies can move creatively in response to different stimuli.• Demonstrate an awareness of basic hygiene in their daily routines.• Identify some of the effects of different physical activity on the body.• Develop a range of fine and gross motor skills.• Observe the changes in their bodies as they grow.• Participate safely which requires sharing space and following rules.

Interaction

Vatika

- Interact play and engage with others
- Interacting with others can be fun
- Share their ideas
- Cooperating and communicating feelings in developmentally appropriate ways
- Talk about new understandings and abilities that have accompanied these changes.
- Through participating in a range of physical activities
- Recognize the need for safe participation when interacting in a range of physical contexts.
- Caring for local environments fosters appreciation
- Take turns
- Listen respectfully to others
- Ask questions
- Celebrate the accomplishments of others
- Reach out for help when it is needed for themselves or others

Praveshika

- Make rule which help them play different roles in the society.
- Make connection between rights and responsibilities.
- Understand their own beliefs, values, attitudes, experiences and feelings and how they shape it.
- Aware of impact of cultural influences.
- Reflect on interactions with other people, other living things and the wider world.
- Communicate ideas and feelings with others in a variety of modes.
- Enjoy interacting, playing and engaging with others.
- Take turns.
- Share their own relevant ideas and feelings in an appropriate manner.
- Listen respectfully to others.
- Know that their behavior affects others.
- Ask questions.
- Celebrate the accomplishments of others.
- Talk about their interactions with the environment.
- Know that their relationships with others contribute to their well-being (for example- parent: child; teacher: student; friend: friend).