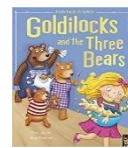


PSHE in Reception

Term 1

Relationships - Families

- What is a family?
- Who is in my family?
- Where do I live?
- Different types of families and homes
- Respecting difference and diversity



Relationships - Friendships

- What is friendship?
- What makes a good friend?
- Kind & unkind behaviour
- How to share, take turns & respect others
- Respecting difference and diversity



Feelings and Emotions

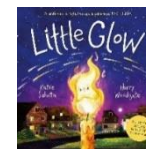
- Notice and name feelings
- Strategies to manage feelings
- Identify that feelings start in the brain and are felt in other parts of the body
- Recognise that feelings can change and be felt more, or less, strongly.



Term 2

Respecting Self & Others

- What do my family celebrate?
- What do my friends/other people celebrate?
- Respecting difference and diversity



Personal Safety – (South Glos. Holding Hands session)

- How to cross the road safely with adult support
- Ways to keep safe when out and about, (e.g. on the street and in busy places)



Safe Relationships: Consent, Boundaries and Trust

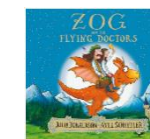
- Pantosaurus - Talk PANTS rule from NSPCC
- Some parts of the body are private
- Everyone's body belongs to them; simple rules to protect privacy, recognise safe and unsafe touch, assert boundaries, and who to tell if concerned
- What is meant by a 'trusted adult' (i.e. someone they know who makes them feel safe, listened to & cared for)
- Trusted adults who are familiar to them, adults they recognise in the community, and adults they don't know



Term 3

Keeping Healthy & Well & Personal Safety

- People who help us stay healthy & can help if we are unwell/hurt
- How to dial 999 in an emergency
- Different jobs that people do including roles and responsibilities people have in our community
- Visits from people who help us – dentist, nurse, police etc
- How to brush teeth correctly, importance of visiting the dentist, healthy food & drink choices
 - What is meant by a 'trusted adult' (i.e. someone they know who makes them feel safe, listened to & cared for)
- Trusted adults who are familiar to them, adults they recognise in the community, and adults they don't know



Online Life & Safety – Safer Internet Day

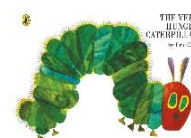
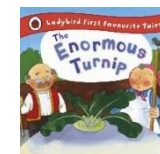
- Different ways people use the internet in everyday life
- Not everything on the internet is true/real
- How the internet and digital devices can be used to safely and respectfully to communicate with others
- Be kind online
- How to tell a trusted adult if they have worries about something online

Term 4

Term 5

Physical Activity & Nutrition

- What being healthy means
- How physical activity helps people stay healthy
- How what we eat and drink affects our health
- The importance of eating a range of food
- Food and drink come from different sources (e.g. eggs from chickens, fruit from trees/plants)



Term 6

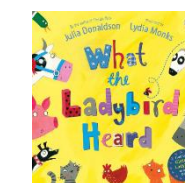
Keeping Healthy & Well and Personal Safe

- How to keep safe and well in the sun
- How to protect skin from sun damage
- How to keep safe around water, using the water safety code



Physical Activity & Nutrition

- Food and drink come from different sources (e.g. eggs from chickens, fruit from trees/plants)
- Some foods can be changed (e.g. grains into bread) before they are eaten or drunk



Economic Wellbeing

- What is money? How do people get money?
- What do we use money for?
- How do we look after money?
- Money can be saved or spent and the difference between needs and wants; that people may not always be able to have the things they want

