



PSHE and RSE Planning

Reception Learning Objectives



PINK means it refers to the RSE curriculum

Term 1 Dear Mother Goose	Term 2 All About Me Friendship Week	Term 3 Down on the Farm	Term 4 Everyday Superheroes	Term 5 We're going on a ... hunt Identity Week	Term 6 Our Planet
<p>Emotions</p> <p><u>My feelings</u></p> <ul style="list-style-type: none"> Explore how we feel at certain times or events. Identify ways to change feelings and calm down. <p><u>My feelings 2</u></p> <ul style="list-style-type: none"> Suggest ways that they can help a friend when they feel sad Choose ways to help themselves when they feel sad. <p><u>Listening to my feelings</u></p> <ul style="list-style-type: none"> Recognise the feelings they have when 	<p>Relationships</p> <p><u>Same and different families</u></p> <ul style="list-style-type: none"> Talk about their family, customs and traditions. Compare their own experiences with those of others. <p><u>Same and different homes</u></p> <ul style="list-style-type: none"> Recognise the similarities and differences between their home and those of others. Be sensitive towards others. <p><u>Me and my special people</u></p> <ul style="list-style-type: none"> Talk about the important people in their lives. Name key people outside of families 	<p>Responsibility</p> <p><u>Looking after money (1): recognising, spending, using</u></p> <ul style="list-style-type: none"> Recognise coins and other items relating to money. Identify the uses of money. <p><u>Seasons</u></p> <ul style="list-style-type: none"> Name the different seasons and describe their differences. Talk about how they have grown in resilience. <p>Growing and Changing</p> <p><u>Life stages: Human life stage – Who will I be?</u></p>	<p>Well-being</p> <p><u>A good night's sleep</u></p> <ul style="list-style-type: none"> Understand why our body needs sleep. Suggest ways to have a calm evening and bedtime routine. <p><u>Safe indoors and outdoors</u></p> <ul style="list-style-type: none"> Name some hazards and ways to stay safe inside. Name some hazards and ways to stay safe outside. <p>Emotions</p> <p><u>Bouncing back when things go wrong</u></p> <ul style="list-style-type: none"> Share an experience where 	<p>Emotions</p> <p><u>Yes I can!</u></p> <ul style="list-style-type: none"> Recognise that some skills take time to learn. Plan and review an achievable goal. <p>Well-being</p> <p><u>My healthy mind</u></p> <ul style="list-style-type: none"> Name some activities or ideas to promote positive mental health. Reflect on their mental health and how they can protect it. <p><u>What's safe to go onto my body?</u></p> <ul style="list-style-type: none"> Name things that keep their bodies 	<p>Responsibility</p> <p><u>Looking after money(2): saving money and keeping it safe</u></p> <ul style="list-style-type: none"> Talk about why it's important to keep money safe. Identify ways to save money. <p>Community</p> <p><u>Caring for our world</u></p> <ul style="list-style-type: none"> Name ways in which they can help take care of the environment, e.g. recycling, saving energy, wasting less. Talk about what can happen to living things if the world is not cared for. <p>Growing and changing</p>

<p>they are unsafe.</p> <ul style="list-style-type: none"> • Talk about keeping themselves safe, safe touches and consent. <p>Relationships</p> <p><u>Looking after my friends</u></p> <ul style="list-style-type: none"> • Talk about why friends are important and how they help us. • Identify ways to care for a friend in need. <p>Community</p> <p><u>Being helpful at home and caring for our classroom</u></p> <ul style="list-style-type: none"> • Identify ways in which they help at home. • Name ways in which they can look after their learning environment. 	<p>that care for them.</p> <p><u>Who can help me?</u></p> <ul style="list-style-type: none"> • Talk about when they might feel unsafe or unhappy. • Name the people who will help them. <p><u>All about me</u></p> <ul style="list-style-type: none"> • Talk about their own interests. • Talk about how they are the same or different to others. <p><u>I'm special, you're special</u></p> <ul style="list-style-type: none"> • Share their likes and dislikes. • Listen to and respect the ideas of others. <p><u>Same and different</u></p>	<ul style="list-style-type: none"> • Use the language and describe the different life stages of: baby, child, teenager, adult, older age. • Talk about their own experience of growing up. <p><u>Where do babies come from?</u></p> <ul style="list-style-type: none"> • Explain that a baby is made by a woman and a man, and grows inside a mother's tummy. • Understand that every family is different. <p>Well-being</p> <p><u>Keeping safe online</u></p> <ul style="list-style-type: none"> • Share ideas about activities 	<p>they haven't achieved their goal.</p> <ul style="list-style-type: none"> • Develop their confidence and resilience towards having a growth mindset. <p>Well-being</p> <p><u>People who help to keep me safe</u></p> <ul style="list-style-type: none"> • Name the people in their lives and community who help to keep them safe.. • Talk about ways to keep themselves safe in their environment. <p>Well-being</p> <p><u>Keeping safe: What's safe to go into my body (including medicines)</u></p> <ul style="list-style-type: none"> • Make safe decisions about items they don't recognise. • Name the safe ways to store medicine and 	<p>clean, safe and protected.</p> <ul style="list-style-type: none"> • Think about how to recognise things that might not be safe. <p>Relationships</p> <p><u>I am a friend</u></p> <ul style="list-style-type: none"> • Show friendly behaviour towards a peer. • Build relationships with others. <p><u>I am caring</u></p> <ul style="list-style-type: none"> • Suggest ways in which we can be kind towards others. • Demonstrate skills in cooperation with others. 	<p><u>Life stages- plants, animals, humans</u></p> <ul style="list-style-type: none"> • To understand that animals and humans change in appearance over time. • Use relevant vocabulary such as egg, seed, baby, grow, change, old, young (and the names for young animals). <p><u>Getting Bigger</u></p> <ul style="list-style-type: none"> • Talk about how they have changed as they have grown. • Explain the differences between babies, children, and adults. <p><u>Me and my body – girls and boys</u></p> <ul style="list-style-type: none"> • Name parts of the body (including reproductive parts) using the correct vocabulary. • Explain which parts of their body are
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	<ul style="list-style-type: none"> • <i>Recognise the similarities and differences amongst their peers.</i> • <i>Discuss why differences should be celebrated.</i> <p>Looking after my special people</p> <ul style="list-style-type: none"> • <i>Name the special people in their lives.</i> • <i>Understand that our special people can be different to those of others.</i> <p>What makes me special</p> <ul style="list-style-type: none"> • <i>Talk about themselves positively.</i> • <i>Listen to what others say and respond.</i> 	<p><i>that are safe to do on electronic devices.</i></p> <ul style="list-style-type: none"> • <i>What to do and who to talk to if they feel unsafe online.</i> 	<p><i>who can give it to children (adults).</i></p> <p><u>Healthy eating</u></p> <ul style="list-style-type: none"> • <i>Name and choose healthy foods and drink.</i> • <i>Explain the jobs of different food groups.</i> <p><u>Move your body</u></p> <ul style="list-style-type: none"> • <i>Describe the changes in their body during exercise and what is happening to their body.</i> • <i>Explain how exercise can help us stay well - physically and mentally.</i> 		<p><i>kept private and safe and why.</i></p>
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Resources for Parents:

Zone of Regulation: how to talk about emotions

<https://drive.google.com/file/d/1fwPE5SMwYqpHv8-5H440pGyUZKQ74SCM/view?usp=sharing>

Listening Games:

<https://empoweredparents.co/8-games-to-improve-your-childs-listening-skills/>

<https://drive.google.com/file/d/1enBBh-1qRIDuPDx88x8BpLGRIwBcCdJz/view?usp=sharing>

Support with mental health:

<https://www.mindedforfamilies.org.uk/young-people>