



### PSHE/Relationships and Health Education: Reception

ME AND MY RELATIONSHIPS	LEARNING OUTCOMES
All about me	<ul style="list-style-type: none"> <li>• Talk about their own interests.</li> <li>• Talk about their families.</li> <li>• Talk about how they are the same or different to others.</li> </ul>
What makes me special	<ul style="list-style-type: none"> <li>• Share their favourite interests and objects.</li> <li>• Talk about themselves positively.</li> <li>• Listen to what others say and respond</li> </ul>
Me and my special people	<ul style="list-style-type: none"> <li>• Talk about the important people in their lives.</li> <li>• Understand that we have different special people.</li> <li>• Name key people outside of families that care for them.</li> </ul>
Who can help me	<ul style="list-style-type: none"> <li>• Talk about when they might feel unsafe or unhappy.</li> <li>• Name the people who will help them.</li> <li>• Notice when a friend is in need at school and help them.</li> </ul>
My feelings	<ul style="list-style-type: none"> <li>• Describe different emotions.</li> <li>• Explore how we feel at certain times or events.</li> <li>• Identify ways to change feelings and calm down.</li> </ul>
VALUING DIFFERENCES	LEARNING OUTCOMES
I'm special, you're special	<ul style="list-style-type: none"> <li>• Describe their own positive attributes.</li> <li>• Share their likes and dislikes.</li> <li>• Listen to and respect the ideas of others.</li> </ul>
Same and different	<ul style="list-style-type: none"> <li>• Recognise the similarities and differences amongst their peers.</li> <li>• Discuss why differences should be celebrated.</li> </ul>

	<ul style="list-style-type: none"> <li>• Retell a story.</li> </ul>
Same and different families	<ul style="list-style-type: none"> <li>• Talk about their family, customs and traditions.</li> <li>• Listen to others talk about their experiences.</li> <li>• Compare their own experiences with those of others.</li> </ul>
Same and different homes	<ul style="list-style-type: none"> <li>• Recognise the similarities and differences between their home and those of others.</li> <li>• Talk about what makes their home feel special and safe.</li> <li>• Be sensitive towards others.</li> </ul>
I am caring	<ul style="list-style-type: none"> <li>• Suggest ways in which we can be kind towards others.</li> <li>• Demonstrate skills in cooperation with others.</li> </ul>
I am a friend	<ul style="list-style-type: none"> <li>• Show friendly behaviour towards a peer.</li> <li>• Build relationships with others.</li> </ul>
<b>RIGHTS AND RESPECT</b>	<b>LEARNING OUTCOMES</b>
Looking after my special people	<ul style="list-style-type: none"> <li>• Name the special people in their lives.</li> <li>• Understand that our special people can be different to those of others.</li> </ul>
Looking after my friends	<ul style="list-style-type: none"> <li>• Talk about why friends are important and how they help us.</li> <li>• Identify ways to care for a friend in need.</li> <li>• Identify ways to help others in their community.</li> </ul>
Being helpful at home and caring for our classroom	<ul style="list-style-type: none"> <li>• Identify ways in which they help at home.</li> <li>• Recognise the importance of taking care of a shared environment.</li> <li>• Name ways in which they can look after their learning environment.</li> </ul>
Caring for our world	<ul style="list-style-type: none"> <li>• Think about what makes the world special and beautiful.</li> <li>• Name ways in which they can help take care of the environment, e.g. recycling, saving energy, wasting less.</li> <li>• Talk about what can happen to living things if the world is not cared for.</li> </ul>
Looking after money – recognising, spending, using	<ul style="list-style-type: none"> <li>• Recognise coins and other items relating to money.</li> <li>• Identify the uses of money.</li> </ul>
Looking after money – saving and keeping it safe	<ul style="list-style-type: none"> <li>• Talk about why it's important to keep money safe.</li> <li>• Identify ways to save money.</li> </ul>

	<ul style="list-style-type: none"> <li>• Talk about why we save money.</li> </ul>
<b>KEEPING SAFE</b>	<b>LEARNING OUTCOMES</b>
What's safe to go onto my body	<ul style="list-style-type: none"> <li>• Name things that keep their bodies safe.</li> <li>• Name things that keep their bodies clean and protected.</li> <li>• Think about how to recognise things that might not be safe.</li> </ul>
What's safe to go into my body	<ul style="list-style-type: none"> <li>• Make safe decisions about items they don't recognise.</li> <li>• Talk about what our bodies need to stay well.</li> <li>• Name the safe ways to store medicine and who can give it to children (adults).</li> </ul>
Safe indoors and outdoors	<ul style="list-style-type: none"> <li>• Name some hazards and ways to stay safe inside.</li> <li>• Name some hazards and ways to stay safe outside.</li> <li>• Show how to care for the safety of others.</li> </ul>
Listening to my feelings	<ul style="list-style-type: none"> <li>• Name the adults who they can ask for help from, and will keep them safe.</li> <li>• Recognise the feelings they have when they are unsafe.</li> <li>• Talk about keeping themselves safe, safe touches and consent.</li> </ul>
Keeping safe online	<ul style="list-style-type: none"> <li>• Share ideas about activities that are safe to do on electronic devices.</li> <li>• What to do and who to talk to if they feel unsafe online.</li> </ul>
People who help me to keep safe	<ul style="list-style-type: none"> <li>• Name the people in their lives who help to keep them safe.</li> <li>• Name people in their community who help to keep them safe.</li> <li>• Talk about ways to keep themselves safe in their environment.</li> </ul>
<b>GROWING AND CHANGING</b>	<b>LEARNING OUTCOMES</b>
Seasons	<ul style="list-style-type: none"> <li>• Name the different seasons and describe their differences.</li> <li>• Explain the changes that occur as seasons change.</li> <li>• Talk about how they have grown in resilience.</li> </ul>
Life stages – plants, animals and humans	<ul style="list-style-type: none"> <li>• To understand that animals and humans change in appearance over time.</li> <li>• Use relevant vocabulary such as egg, seed, baby, grow, change, old, young (and the names for young animals).</li> <li>• Make observations and ask questions about living things.</li> </ul>
Who will I be?	<ul style="list-style-type: none"> <li>• Retell a story and respond to questions about it.</li> <li>• Use the language and describe the different life stages of: baby, child, teenager, adult, older age.</li> </ul>

	<ul style="list-style-type: none"> <li>• Talk about their own experience of growing up.</li> </ul>
Getting bigger	<ul style="list-style-type: none"> <li>• Talk about how they have changed as they have grown.</li> <li>• Explain the differences between babies, children, and adults.</li> <li>• Understand that we are all unique.</li> </ul>
<b>BEING MY BEST</b>	<b>LEARNING OUTCOMES</b>
Bouncing back when things go wrong	<ul style="list-style-type: none"> <li>• Share an experience where they haven't achieved their goal.</li> <li>• Develop their confidence and resilience towards having a growth mindset.</li> <li>• Name a strategy to overcome a hurdle.</li> </ul>
Yes I can!	<ul style="list-style-type: none"> <li>• Recognise that some skills take time to learn.</li> <li>• Plan and review an achievable goal.</li> <li>• Celebrate the successes of their peers.</li> </ul>
Healthy eating	<ul style="list-style-type: none"> <li>• Name and choose healthy foods and drink.</li> <li>• Understand there are some foods that are a "just sometimes" food or drink (eating in moderation).</li> <li>• Explain the jobs of different food groups.</li> <li>• Understand that sugary foods can cause tooth decay</li> </ul>
My healthy mind	<ul style="list-style-type: none"> <li>• Identify the 5 ways to support their wellbeing.</li> <li>• Name some activities or ideas to promote positive mental health.</li> <li>• Reflect on their mental health and how they can protect it.</li> </ul>
Move your body	<ul style="list-style-type: none"> <li>• Describe the changes in their body during exercise and what is happening to their body.</li> <li>• Explain how exercise can help us stay well - physically and mentally.</li> <li>• Name some ways to keep their body fit and well.</li> </ul>
A good night's sleep	<ul style="list-style-type: none"> <li>• Understand why our body needs sleep.</li> <li>• Talk about their own bedtime routine.</li> <li>• Suggest ways to have a calm evening and bedtime routine.</li> </ul>