



# Reception – PSHRE



	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
<ul style="list-style-type: none"> <li><b>Reception</b></li> </ul>	<ul style="list-style-type: none"> <li>Build constructive and respectful relationships.</li> <li>Manage their own needs.</li> <li>Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - tooth brushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian.</li> <li>Understand that some places are special to members of their community</li> </ul>	<ul style="list-style-type: none"> <li>Express their feelings and consider the feelings of others.</li> <li>Show resilience and perseverance in the face of challenge.</li> <li>Give focused attention to what the teacher says. Responding appropriately even when engaged in activity and show an ability to follow</li> <li>Further develop the skills they need to manage the school day successfully: - lining up and queuing – mealtimes, personal hygiene.</li> <li>Recognise that people have different beliefs and celebrate special times in different ways.</li> </ul>	<ul style="list-style-type: none"> <li>Identify and moderate their own feelings socially and emotionally.</li> <li>Think about the perspectives of others.</li> <li>See themselves as a valuable individual.</li> <li>Begin to make sense of their own life-story and family's history.</li> </ul>
<b>ELG</b>	<p><b>Self Regulation</b> Show an understanding of their own feelings and those of others, and begin to regulate their behaviour Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions</p> <p><b>Managing Self</b> Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p> <p><b>Building Relationships</b> Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs</p>		

## Reception Topic Coverage



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<u>Consider Yourself at Home</u>	<u>Celebrate Good Times</u>	<u>Wonderful Little Me</u>	<u>A World of Pure Imagination</u>	<u>All Creatures Great and Small</u>	<u>Let the Adventures Begin!</u>
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## Vocabulary – Subject Specific

Engage with, Talk about, Explore, Listen to, Find out about

## Vocabulary - Topic Specific

Myself, Feelings, being gentle, Rights, Responsibilities, Talents, Families, Home, Friends, standing up for myself, Challenges, Perseverance, Jobs, Help, Money, Exercise, Healthy food, Physical activity, Sleep, Clean, Bodies, respecting my body, Fun, Fears, Growth, Emotions, Family life, Friendship, falling out, Being a friend.



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## I will learn...

How to follow rules and behave in the way that is expected in my school.

How to listen to others.

How to listen to others' ideas and respect their needs and feelings.

How to be a good friend.

How to build positive relationships with adults and other children.

How to use my words to organise and sequence my ideas, feeling and events.

How to take part in mealtimes with others.

How to manage my own hygiene.

That regular physical activity helps to keep me healthy.

That eating healthily helps to keep me healthy.

That I must brush my teeth twice a day.

That I need a good sleep to help keep me healthy.

That too much 'screen time' does not help me to be healthy.

How to keep safe when I am near roads.

That some places are special to different people in my community.

That it is important to join in with family customs and that they might be different to our friends.

How to follow rules and behave in the way that is expected in my school.

How to use my words to organise and sequence my ideas, feeling and events.

How to recognise different feelings.

That it is ok to try new activities,

How to express my opinions in which activities I like the best.

That I need to listen carefully to my teacher and other adults.

How to join in with different activities.

How to follow instructions.

How to line up and queue at different times during the school day.

How to take part in mealtimes with others.

How to manage my own hygiene.

That people have different beliefs.

That people celebrate special times in different ways.

How to follow rules and behave in the way that is expected in my school.

How to use my words to organise and sequence my ideas, feeling and events.

How to recognise different feelings and what I can do to help myself when I feel them.

How to stay dry and clean throughout the day.

How to stay healthy by eating a variety of healthy food.

How to manage my hygiene and personal needs independently including dressing and going to the toilet.

How to talk about staying safe and healthy with physical activity and eating healthy food.

How to show an understanding of the need for safety and manage some of my own risks.

How to look at patterns and changes.

How to carry out some safety measures without adult supervision.

Identify and moderate their own feelings socially and emotionally.

Think about the perspectives of others.

See themselves as a valuable individual.

Begin to make sense of their own life-story and family's history.