



## PSHE Learning Sequence Document- Reception

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Me and my relationships- What makes me special?	Valuing difference-Celebrating differences	Keeping safe-Keeping my body safe	Rights and Respect-Looking after things; Friends and money	Being my best- Keeping my body healthy	Growing and changing- Life stages
Focus:	•	•	•	•		
Subjects and Issues	British values, Pupil Voice, Relationships, Emotions, Getting help, Communication, Talent	Being yourself, British Values, Respect, Talent, Tolerance, Relationships education, Bullying, safeguarding, citizenship, pupil voice	medicines, physical activity, safety, consent, resilience, safeguarding, emotions, getting help, making decisions, relationships	Being helpful, caring, friendships, relationships, independence, pupil voice, environment, money	Healthy eating , healthy lifestyles, cooperation, teamwork, decision making, hygiene, sleep, resilience	Body parts, emotions, growing and changing, trust, family, relationship education, communication, life cycles, science
Sequence of learning:	<ul style="list-style-type: none"> <li>*All about me</li> <li>*What makes me special</li> <li>*Me and my special people</li> <li>*Who can help me?</li> <li>*My feelings</li> </ul>	<ul style="list-style-type: none"> <li>*I'm special, you're special</li> <li>*Same but different</li> <li>*Same but different families</li> <li>*Same but different homes</li> <li>*I am caring</li> <li>*I am a friend</li> </ul>	<ul style="list-style-type: none"> <li>*What's safe to go onto my body?</li> <li>*What's safe to go into my body? Medicines</li> <li>*Safe indoors and outdoors</li> <li>*Listening to my feelings</li> <li>*Keeping safe online</li> <li>*People who help to keep me safe</li> </ul>	<ul style="list-style-type: none"> <li>*Looking after my special people</li> <li>*Looking after my friends</li> <li>*Being helpful at home and caring for our classroom</li> <li>*Caring for our world</li> <li>*Looking after money- recognising, spending, keeping safe</li> </ul>	<ul style="list-style-type: none"> <li>*Bouncing back when things go wrong</li> <li>*Yes, I can!</li> <li>*Healthy eating</li> <li>*My healthy mind</li> <li>*Being healthy</li> <li>*A good night's sleep</li> </ul>	<ul style="list-style-type: none"> <li>*Seasons</li> <li>*Life stages; plants, animals, humans</li> <li>*Who will I be?</li> <li>*Where do babies come from?</li> <li>*Getting bigger</li> <li>*Me and my body- girls and boys</li> </ul>
End Points:	<ul style="list-style-type: none"> <li>*Talk about similarities and differences.</li> <li>*Name special people in their lives.</li> <li>*Describe different feelings.</li> <li>*Identify who can help if they are sad, worried or scared.</li> <li>*Identify ways to help others or themselves if they are sad or worried.</li> </ul>	<ul style="list-style-type: none"> <li>*Be sensitive towards others and celebrate what makes each person unique.</li> <li>*Recognise that we can have things in common with others.</li> <li>*Use speaking and listening skills to learn about the lives of their peers.</li> <li>*Know the importance of showing care and kindness towards others.</li> <li>Demonstrate skills in building friendships and cooperation</li> </ul>	<ul style="list-style-type: none"> <li>*Talk about how to keep their bodies healthy and safe.</li> <li>*Name ways to stay safe around medicines.</li> <li>*Know how to stay safe in their home, classroom and outside.</li> <li>*Know age-appropriate ways to stay safe online.</li> <li>*Name adults in their lives and those in their community who keep them safe.</li> </ul>	<ul style="list-style-type: none"> <li>*Understand that they can make a difference.</li> <li>*Identify how they can care for their home, school and special people.</li> <li>*Talk about how they can make an impact on the natural world.</li> <li>*Talk about similarities and differences between themselves.</li> <li>*Demonstrate building relationships with friends.</li> </ul>	<ul style="list-style-type: none"> <li>*Feel resilient and confident in their learning.</li> <li>*Name and discuss different types of feelings and emotions.</li> <li>*Learn and use strategies or skills in approaching challenges.</li> <li>*Understand that they can make healthy choices.</li> <li>*Name and recognise how healthy choices can keep us well.</li> </ul>	<ul style="list-style-type: none"> <li>*Understand that there are changes in nature and humans.</li> <li>*Name the different stages in childhood and growing up.</li> <li>*Understand that babies are made by a man and a woman.</li> <li>*Use the correct vocabulary when naming the different parts of the body.</li> <li>*Know how to keep themselves safe.</li> </ul>
Vocabulary:	Relationships Special Difference Feelings	Kindness Cooperation Experiences	Safety Consent Online Medicines	Money Environment Impact	Healthy Emotions Challenges Resilience Choices	Growing Changes Penis Vulva