

PSHE Long Term Planning - Summary of RECEPTION Units

AUTUMN 1 - <i>Being Me in My World</i>	AUTUMN 2 - <i>Celebrating Differences</i>
<p>*All about me. Understand how it feels to belong and understand that individuals are similar and different. Understand that being unique makes the world a wonderful place to be. (SMSC) (IMT)</p> <p>*How am I feeling today? Recognise personal feelings and discuss strategies to use to manage certain feelings. (SMSC) (IMT)</p> <p>*Being at school. Express how working with others can be enjoyable and make school a good place to be. (SMSC) (DMT)</p> <p>*Gentle hands. Understand and express why it is good to be kind to others and to use gentle hands. (SMSC) (DMT) (K)</p> <p>*Our rights. Understand children's rights. Explain that this means everyone is allowed, and has the right to, play and learn. Discuss the importance of class/school rules to keep everyone safe and happy. (SMSC) (DRIMT) (J)</p> <p>*Our responsibilities. Understand what being responsible means. Discuss how this links with children's rights. (SMSC) (DRIMT) (Resp)</p>	<p>*What am I good at? Identify something they are good at and understand everyone is good at different things. (SMSC) (IMT)</p> <p>*I'm special, I'm Me. Understand that being different makes everyone special and unique. Identify personal likes and dislikes. (SMSC) (IMT)</p> <p>*Families. Understand that individuals can be very similar but also have features that emphasise differences and uniqueness. (SMSC) (DMT)</p> <p>*Houses and homes. Describe what the inside of a house may look like. Express why personal homes are special to individuals. (SMSC) (MT)</p> <p>*Making friends. Express how to be a kind friend and discuss strategies to use to help others, e.g. if someone is alone/feeling lonely. (SMSC) (MT) (K)</p> <p>*Standing up for yourself. Identify ways for individuals to express themselves when someone is doing or saying something unkind. Individuals to understand if they hear those words, they have to stop. Recognise different ways to be kind. (SMSC) (DRIM) (Resp, K)</p>
SPRING 1 - <i>Dreams and Goals</i>	SPRING 2 - <i>Healthy Me</i>
<p>*Challenge. Understand that perseverance can support individuals in tackling a challenge. (SMSC) (M) (Resi)</p> <p>*Never giving up. Express different ways to not give up until a goal has been reached. Understand the importance of always trying; keep practising and never giving up. (SMSC) (MT) (Resi)</p> <p>*Setting a goal. Express different things individuals may wish to get better at, e.g. riding a bike. Understand how to set a goal and work towards it. (SMSC) (I) (Resi)</p> <p>*Obstacles and support. Understand how to encourage others by using kind words. Express how it feels when someone says encouraging words to others. (SMSC) (M) (K)</p> <p>*Flight to the future. Understand the link between skills acquired now and jobs people can do when they are older. (SMSC) (D) (Resp)</p> <p>*Footprint awards. Express how goals can be achieved. Understand how it feels to be proud when a goal is achieved. (SMSC) (M)</p>	<p>*Everybody's body. Understand how exercise keeps the body healthy. Express how exercise can make people feel happy. (SMSC) (M)</p> <p>*We like to move it, move it. Understand how moving and resting is good for the body. (SMSC) (IM)</p> <p>*Food glorious food. Identify which food is healthy and unhealthy in order to make healthy eating choices. (SMSC) (I)</p> <p>*Sweet dreams. Express different ways to fall asleep. Understand that sleep is just as important as food and exercise. (SMSC) (IMT)</p> <p>*Keeping clean. Understand the importance of thorough hand washing and express why it is especially important before eating and after going to the toilet. (SMSC) (M)</p> <p>*Stranger danger. Identify what a stranger is and recognise ways to stay safe if a stranger approaches someone. (SMSC) (RIMT) (Resp)</p>
SUMMER 1 - <i>Relationships</i>	SUMMER 2 - <i>Changing Me</i>
<p>*My family and me. Understand what a family is and express what being part of a family means. Identify roles and responsibilities in the home. (SMSC) (DRIM)</p> <p>*Make friends, make friends, never ever break friends. Pt 1. Explain different ways to be a good friend. Understand different ways to make friends if feeling lonely. (SMSC) (IM)</p> <p>*Make friends, make friends, never ever break friends. Pt 2. Identify ways to solve problems and stay friends. (SMSC) (MT) (K)</p> <p>*Falling out and bullying. Pt 1. Understand the impact of unkind words. Identify ways to stand up for themselves. (SMSC) (RIMT)</p> <p>*Falling out and bullying. Pt 2. Understand how to use 'calm me' time to manage feelings. Express why it is important to calm down when feeling angry or upset. (SMSC) (IMT)</p> <p>*Being the best friends we can be. Understand what friendship is all about and how to be a good friend. Understand how to work together and enjoy being with friends. (SMSC) (MT) (K)</p>	<p>*My Body. Identify parts of the body and understand each use for them. Introduce 'talking PANTS' campaign by NSPCC. (SMSC) (M)</p> <p>*Respecting my body. Discuss the meaning of 'respect' and how it relates to the body. Identify some things individuals can do such as exercise to be healthy. Identify foods individuals can eat to be healthy. (SMSC) (IMT)</p> <p>*Growing up. Understand the life cycle of humans, starting from babies; growing into children and then adults. Identify ways to look after the body as it continues to grow. (SMSC) (M)</p> <p>*Fun and fears. Pt 1. Express how individuals may feel as they move to Y1 class. (SMSC) (IMT)</p> <p>*Fun and fears. Pt 2. Express how individuals feel about worries or excitement when they go to Y1. (SMSC) (MT)</p> <p>*Celebration. Reflect and recall some fun memories of individuals' time in Reception class. (SMSC) (M)</p>

SMSC = Social, Moral, Spiritual, Cultural

FBV = DRIMT = Democracy, Rule of Law, Individual Liberty, Mutual Respect, Tolerance of those of different faiths and beliefs

CBV = H Resp Resi K J = Be Honest, Be Responsible, Be Resilient, Be Kind, Be Just

Relationship Education

Health Education