




PHSEE in the Early Years- Reception

Term Topic	Area of Learning	Concepts		
		Relationships  <small>Relationships</small>	Keeping Safe  <small>Keeping Safe</small>	Identity  <small>Identity</small>
Reception Autumn 1 Family	CL	<ul style="list-style-type: none"> -Engage in conversations with adults and children. -Develop social phrases and use polite expressions, such as please and thank you. -Know their class name and the names of their teacher and TA. -There are many names that various family members go by in English. For example, a grandmother can be called: Grandma, Grandmother, Nana, Granny etc. 	<ul style="list-style-type: none"> -Understand how to listen carefully and why listening is important. 	<ul style="list-style-type: none"> -Respond to questions about how being outside made them feel. For example, 'What did you like best about being outside? Was anything particularly exciting/ calming for you? Why do you think it is good to be outside and with nature?' -Express a wide range of feelings orally, and talk about their own experiences. -Describe events in some detail, e.g. a family celebration. -Answer why questions about current situations and past events.
	PSED	<ul style="list-style-type: none"> -Develop their confidence in talking to new members of staff. -Learn how to identify their own emotions, as well as the emotions of others. -People have an immediate family and an extended family. -Your extended family includes all of the people in your father and mother's families. For example, grandparents, aunts, uncles, cousins etc. -Generation means all the people in one stage of the family. For example, your parents are one generation. Children's siblings and cousins are the next generation. 	<ul style="list-style-type: none"> -Collaborate with children to create rules and expectations, such as mutual respect, compromise, caring behaviours towards themselves and others. -Notice and name body sensations, thoughts, and emotions. -Learn strategies to cope with extreme emotions. -Describe the process of noticing an emotion, naming it, and using breathing to calm down. 	<ul style="list-style-type: none"> -Communicate freely about their own home and community. -Recognise that each child belongs to different communities at home but that they all belong to the school community. -Know that all people deserve respect. -Every child has rights, whatever their ethnicity, gender, religion, language, ability. -Every child has the right to go to school. -Children should not be separated from their parents if they do not want to be unless it is unsafe for them to be with them.

		<ul style="list-style-type: none"> -Explore their ideas about friends and friendship and to talk about feelings. -Learn how to recognise other people's needs, wants and feelings. 		
	PD	<ul style="list-style-type: none"> -Interact with the space physically - running, jumping, climbing, building stamina, managing risk, expressing themselves and having fun together in a group of children. 	<ul style="list-style-type: none"> -Learn the daily routine in Reception. -Develop the skills to manage the school day successfully, e.g. lining up, personal hygiene etc. -Show an understanding of the need for safety when tackling new challenges and consider and manage some risks. 	<ul style="list-style-type: none"> -Describe a recipe that they prepare at home with their family.
	UW	<ul style="list-style-type: none"> -Know where their family originated from. -Find answers to some simple questions about the past from sources of information. For example, asking an elderly relative about their experiences as a child. -Show respect for their own and other people's families. 		<ul style="list-style-type: none"> -Name some religious festivals and celebrations related to the beliefs and/or traditions of pupils in the class. -Describe some traditions linked to religious festivals. -A birthday is an occasion when a person celebrates the anniversary of their birth. -Birthdays are celebrated in numerous cultures, often with a gift/ party etc. -In many parts of the world an individual's birthday is celebrated by a party where a specially made cake is presented. -The cake is traditionally studded with the same number of lit candles as the age of the individual. -Recognise some similarities and differences between life in this country and life in other countries. -All living creatures are born, grow, reproduce and change over time. -Develop positive attitudes and challenge negative attitudes and stereotypes. -Know about different types of families, including LGBT.
Reception Autumn 2	CL	<ul style="list-style-type: none"> -Learn expressions for agreeing and disagreeing. 		<ul style="list-style-type: none"> -Opinions tell us what someone thinks or believes. An opinion has no proof and can change from person to person.
Changes	PSED	<ul style="list-style-type: none"> -Acknowledge that people do indeed look different, but recognise things they have in common. 	<ul style="list-style-type: none"> -Know the importance of sleep and how it contributes to a healthy lifestyle. -Learn strategies to support going to sleep, including turning off devices before bedtime, 	<ul style="list-style-type: none"> -All people have the right to an opinion and for it to be listened to and taken seriously.

		<ul style="list-style-type: none"> -To have a successful future, people need to be able to work with one another. -Persevere in carrying out a chosen activity. Know when and how to ask for support if they find the activity challenging. -Learn to respect each other's beliefs even if they are different from their own. 	<ul style="list-style-type: none"> exercising, calming bedtime routines, having a regular bedtime and to avoid stimulants before bedtime. -Learn the names of traditional winter vegetables and why they contribute to a healthy diet. -Learn how people store food safely at home in cupboards, fridges and freezers. 	<ul style="list-style-type: none"> -Understand different points of view and learn how to challenge their own and others' thinking. -Share their thoughts about the idea of keeping everything or everyone separate. -Show confidence in choosing resources to extend their play. -Discuss their family celebrations and learn about other Children's celebrations. -Recognise that people have different beliefs and celebrate special times in different ways.
	PD		<ul style="list-style-type: none"> -Develop children's ability to make appropriate judgements of risk, encouraging them to identify hazards and think about how they can stay safe. -Understand that knives are not toys, but are tools that need to be used safely. -Learn how to hold a knife safely to cut food (not to put their pointer finger on the top of the blade, tuck their thumb behind their fingers on their food-holding hand and round all their fingertips back like a claw). -Show an awareness of safety measures when jumping on or off climbing apparatus. 	
	UW	<ul style="list-style-type: none"> -Recognise the similarities and differences between their own and others' features. 	<ul style="list-style-type: none"> -Name the basic parts of the human body. -Identify clothing that is suitable for all weather conditions and understand why it is necessary. 	<ul style="list-style-type: none"> -In London, we are surrounded by differences in ethnicity, religion, culture, gender, disabilities and other differences. -Learn how Christmas traditions have changed in the last 50 years. -Learn about Christmas traditions for Christians in Nigeria. -Recognise the similarities and differences between Christmas traditions in Nigeria and the UK.
Reception Spring 1 Healthy Living	CL	<ul style="list-style-type: none"> -Active listening means giving a speaker your full attention and trying to understand the complete message. -Signs of active listening can be verbal or non-verbal. They include: positive reinforcement; remembering; asking questions; smiling and nodding; staying focused. 	<ul style="list-style-type: none"> -Children to learn emotional vocabulary to describe their feelings – calm, content, frustrated, annoyed etc. 	<ul style="list-style-type: none"> -Learn the appropriate vocabulary to describe people with disabilities, e.g. wheelchair user, diversity, disability, impairment, learning disability.

	PSED	<ul style="list-style-type: none"> -Understand the vocabulary for negotiating and problem solving in social situations. -Take turns in games and conversations. -Play games with rules and show an understanding of the rules by taking turns and waiting for their turn. 	<ul style="list-style-type: none"> -Taking care of your teeth helps prevent plaque, which is a clear film of bacteria. -Brush teeth at least twice a day - after breakfast and before bedtime for at least 2 or 3 minutes. -Fizzy drinks/juices especially ones that contain sugars and acids can cause tooth decay. -Milk and cheese are tooth-friendly foods. They contain calcium which will help to repair tooth enamel. -Keeping healthy means doing things that are good for your body – things like eating nutritious food, exercising, brushing your teeth, sensible amounts of ‘screen time’ and getting enough sleep. -Fruit and vegetables are an important part of a healthy, balanced diet. -You should not eat more than what your body needs to keep healthy and energised during the day. -Learn how to make a healthy, balanced meal and what it should include (Meat, fish and alternatives/ fruit and vegetables/ dairy products/ breads, cereals and potatoes/ foods containing fat and sugar). -It is important to eat five portions of fruit and vegetables a day. -A ‘portion’ means the amount of food that fits in your hand. 	<ul style="list-style-type: none"> -Understand the motivations for exercise should be health, enjoyment and social interactions, rather than weight management. -Being generous, kind, and thoughtful or any talents and skills you have is much more important than physical appearance.
	PD		<ul style="list-style-type: none"> -When you exercise, you breathe faster so you take in more air and your heart beats harder. -These exercises get your heart rate to increase: swimming, running, walking, football, riding your bike/scooter, skipping etc. -Be able to recognise the change in their bodies from before, during and after exercise. -Exercise is important because it helps the body to have: stronger muscles and bones. 	<ul style="list-style-type: none"> -Show appreciation for their bodies. -All people have different athletic abilities and body types. -Notice how varied people are - how they come in all colours, shapes, and sizes. Link respect for diversity in weight and shape with respect for diversity in race, gender, ethnicity etc.

	UW	<ul style="list-style-type: none"> -Develop an understanding of people having roles to play in the community. -Name and describe people who are familiar to them and that they have come across within their community, such as the police, the fire service, doctors and teachers. 	<ul style="list-style-type: none"> -Humans get two sets of teeth in their lifetime. -Baby teeth can start to appear as early as three months old. These fall out and are replaced by adult teeth. -Adult teeth start to push through at approx. 6 or 7 years old. -Human teeth are designed for eating a very mixed diet of plants and animal foods. An animal that has a mixed diet is called an omnivore. -A dentist checks your teeth and gums to ensure their health. It is important to have regular check-ups with the dentist. 	<ul style="list-style-type: none"> -The Paralympic Games or Paralympics are international sports competitions for people with disabilities. -Athletes from countries around the world compete in the Paralympics.
Reception Spring 2 Tales from around the World	CL	<ul style="list-style-type: none"> -Develop vocabulary to make comparisons. -Invite a visitor to school of Chinese descent to talk about their experience of living in China. Listen attentively and with interest to the visitor. -Listen to a primary historical source talking about their experience in order to gain an in-depth understanding of things that have happened in the past from the point of view of people who lived through them. 		<ul style="list-style-type: none"> -In Africa there is a long tradition of storytelling. -The trickster tales are found in many cultures in Africa. Trickster tales usually involve a weaker animal using its wits to get the better of a stronger one. Trickster tales also use animals to help people understand human nature and human behaviour.
	PSED	<ul style="list-style-type: none"> -Participate in philosophical discussion following the established ground rules. -Consider the impact of showing gratitude. -Gratitude is one of many positive emotions. It is the feeling of being thankful. -Play the game, 'Sleeping Lions' to cool down following exercise and regulate their emotions if they are not the winner in the game. -Understand the importance of getting to know others rather than forming judgements based on looks. -Identify the impact of negative language on others. 	<ul style="list-style-type: none"> -Charities are organisations set up to help the needy. -Children to learn about the work that the school's chosen charity does. 	<ul style="list-style-type: none"> -A moral is the lesson that a story teaches you. -Moral: Do not jump to conclusions without all the facts. Do not judge people on their appearance. -Donating time is often just as powerful as donating money and things. -Discuss the phrase, 'It matters not whether you win or lose, but how you play the game.' -Understand that if they lose they may feel disappointed. Know appropriate ways to express their disappointment. -Listen to the story, 'Krishna and the Butter pot'. Identify the moral the story teaches, not to disobey elders and that stealing is wrong. -You shouldn't discriminate against others or judge people by their physical appearance. -Recognise and celebrate their own strengths.

		<p>-Discuss the saying, 'sticks and stones may break my bones, but words can never hurt me.'</p> <p>-Children to decide together about a change they want to make to the setting (e.g. role-play area for next term). Understand that each person has a part to play in the decision-making. Everyone's voice counts.</p>		<p>-Learn how to recognise discrimination and know that it is unacceptable.</p> <p>-Further develop an understanding of children's rights.</p> <p>-Know that, 'We are all born free. We all have our own thoughts and ideas.' 'We all have the right to make up our own minds, to think what we like, to say what we think, and to share our ideas with other people.'</p>
	PD		<p>-Describe physical changes to your body that can occur when you feel unwell, anxious, tired, angry or sad.</p> <p>-The purpose of cooling down after exercise is to return your heart rate close to resting. Stopping quickly without a cool down can result in light-headedness, dizziness and/or fainting.</p> <p>-Recognise the importance of personal hygiene and how to keep themselves clean (bathing, brushing teeth, washing hands or covering their mouth when they cough etc).</p> <p>-Know how to wash their hands properly with soap and water and when it is necessary to do so.</p>	
	UW			<p>-A naming ceremony is the event at which a new born baby is given a name.</p> <p>-In Nigeria, the naming ceremony is done when the child is eight days old.</p> <p>-To name the baby 7 symbolic materials are used to bless the baby. They are used to express hope and wish for a successful life.</p> <p>-Different cultures around the world follow different new born baby traditions. Discuss family traditions and make comparisons.</p> <p>-Chopsticks are sticks used in pairs as cutlery. Chopsticks are the traditional eating utensils used in Asia.</p> <p>-Name some traditional Chinese recipes and common ingredients (rice/ noodles). Other common Asian ingredients are fish, squid, shrimp, and octopus.</p>
	CL	<p>-Learn the language to reason and persuade e.g. 'I think...because...'</p>		<p>-Suggest possible hypotheses, apply imagination to their thinking, and to look for</p>

Reception Summer 1 The Environment		-Use this language when justifying their opinions.		alternative explanations and ideas through philosophical discussion. For example, 'Can something be alive and not alive? Does a raindrop die when it hits the ground? Can something be alive if it's not real?'
	PSED	<ul style="list-style-type: none"> -Work together to make a positive impact on the school community. -Know how people make friends and what makes a good friendship. -Identify the qualities of a good friend. 	<ul style="list-style-type: none"> -Understand how to keep safe in and near water (at the beach and/ or a swimming pool). -Discuss their likes and fears about water. -Develop an understanding of e-safety. Know that they must ask an adult whether they can use a game or app. -Information can be retrieved from computers, tablets and smartphones. Know to tell an adult if what they see makes them feel worried. -Recognise that some things are private and the importance of respecting privacy. -Parts of their body covered by underwear are private. -Know how to respond if physical contact makes them feel uncomfortable or unsafe. 	<ul style="list-style-type: none"> -Eid ul Fitr is a Muslim celebration when Ramadan, the month of fasting, finishes. -Understand that jobs help people to earn money to pay for things. -Name different jobs that people they know or people who work in the community do. -People and other living things have different needs; know about the responsibilities of caring for living things. -Understand how to contribute to the local community as active citizens.
	PD	-Play cooperatively in group games following instructions.	<ul style="list-style-type: none"> -Participate in yoga breathing exercises and relaxation techniques showing an understanding that these can help them with stress management. -Walk safely and hold hands with a grown up or partner when walking near the road and crossing a road. -Identify safer crossing places and how to use them. -Follow safety instructions whilst visiting the recycling centre and know why these are important. -Know the safety implications when using tools and how to handle them carefully. 	
	UW		-Electricity can be dangerous and appliances must be used safely. Understand that some appliances are less dangerous than others.	
	CL		-Use comparative adjectives (bigger/ smaller) and superlative adjectives (largest/prettiest)	

Reception Summer 2 Mini-Beasts and Habitats			to describe the similarities and differences between reception and year 1.	
	PSED	<ul style="list-style-type: none"> -Recognise when they or someone else feels lonely. -Know how to start a friendship. -Know who to ask for help if they feel lonely. -Understand that everyone feels scared, anxious, nervous or worried at times. -Learn the name of their new class, teacher and TA. 	<ul style="list-style-type: none"> -Self-regulation is the ability to manage your emotions and behaviour. -Know the zones of regulation and the types of behaviour that link to each zone. -Learn strategies to move from one zone of regulation to another. -Develop an understanding that behaviour choices have consequences. These can be positive or negative. -Discuss appropriate consequences for actions. -Recognise the body sensations of these emotions. -Develop an understanding of the routines and expectations of classroom learning on a typical day in year 1. 	<ul style="list-style-type: none"> -Participate in philosophical discussion based on the phrase, 'If at first you don't succeed, try, try again.' -Make links between the phrase and a range of situations (e.g. Insy Winsy Spider trying to climb up the water spout). -Understand that perseverance is important when you are learning something new. -Identify things they can do to be happy on their own. -Understand what it means to be brave.
	PD		<ul style="list-style-type: none"> -Understand the importance of healthy daily routines (morning and evening) and the impact these have on their well-being. -Some plants can be dangerous to touch. Recognise stinging nettles and know why they should not touch these plants. -A dock leaf is an effective natural remedy for nettle rash. -Understand the need for safety when using hot equipment and the need for adult supervision. -Learn how to use a table knife for spreading (e.g. butter and honey on bread). -Understand that food that has been dropped on the floor, touched with dirty hands or has turned mouldy should not be eaten and can make people ill. 	
UW	<ul style="list-style-type: none"> -Describe a significant event or family member from their past that is important to remember. 		<ul style="list-style-type: none"> -Name the school and area that they live in (Southwark, London, England). -Recount episodes from their own and others' past, saying why it happened. -One of the ways Muslim people show respect for God is through prayer. -Know how Muslims prepare for prayer by washing and covering their heads. 	