

Reception

Autumn 1 - Being in My World



Piece	PSHE learning intention
1. Who... Me?!	I understand how it feels to belong and that we are similar and different
2. How am I feeling today?	I can start to recognise and manage my feelings
3. Being at School	I enjoy working with others to make school a good place to be
4. Gentle hands	I understand why it is good to be kind and use gentle hands
5. Our Rights	I am starting to understand children's rights and this means we should all be allowed to learn and play
6. Our Responsibilities I am learning what being responsible means	I am learning what being responsible means

Autumn 2 – Celebrating Differences

Piece	PSHE learning intention
1. What I am good at?	I can identify something I am good at and understand everyone is good at different things
2. I'm Special, I'm Me!	I understand that being different makes us all special
3. Families	I know we are all different but the same in some ways
4. Houses and Homes	I can tell you why I think my home is special to me
5. Making Friends	I can tell you how to be a kind friend
6. Standing Up for Yourself	I know which words to use to stand up for myself when someone says or does something unkind

Spring 1 – Dreams and Goals

Piece	PSHE learning intention
1. Challenge	I understand that if I persevere I can tackle challenges
2. Never Giving Up	I can tell you about a time I didn't give up until I achieved my goal
3. Setting a goal	I can set a goal and work towards it
4. I can use kind words to encourage people	I can use kind words to encourage people
5. Flight to the Future	I understand the link between what I learn now and the job I might like to do when I'm older
6. Footprint Awards	I can say how I feel when I achieve a goal and know what it means to feel proud

Spring 2 - Healthy Me

Piece	PSHE learning intention
1. Everybody's Body	I understand that I need to exercise to keep my body healthy
2. We like to move it, move it!	I understand how moving and resting are good for my body
3. Food, Glorious Food	I know which foods are healthy and not so healthy and can make healthy eating choices
4. Sweet Dreams	I know how to help myself go to sleep and understand why sleep is good for me
5. Keeping Clean	I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet
6. Stranger Danger	I know what a stranger is and how to stay safe if a stranger approaches me

Summer 1 - Relationships

Piece	PSHE learning intention
1. My Family and Me!	I can identify some of the jobs I do in my family and how I feel like I belong
2. Make friends, make friends, never ever break friends!	Part 1 I know how to make friends to stop myself from feeling lonely
3. Make friends, make friends, never ever break friends!	Part 2 I can think of ways to solve problems and stay friends
4. Falling Out and Bullying	Part 1 I am starting to understand the impact of unkind words
5. Falling Out and Bullying	Part 2 I can use Calm Me time to manage my feelings
6. Being the best friends we can be	I know how to be a good friend

Summer 2 – Changing Me

Piece	PSHE learning intention
1. My Body	I can name parts of the body
2. Respecting My Body	I can tell you some things I can do and foods I can eat to be healthy
3. Growing Up	I understand that we all grow from babies to adults
4. Fun and Fears	Part 1 I can express how I feel about moving to Year 1
5. Fun and Fears 1	Part 2 I can talk about my worries and/or the things I am looking forward to about being in Year 1
6. Celebration	I can share my memories of the best bits of this year in Reception