



PSHE inc. RSE - Reception	Autumn	Spring	Summer
<p>In Reception, we will be covering the eight key areas of our PSHE inc RSE curriculum taken from our agreed Ironstone Academy programme of study.</p> <ol style="list-style-type: none"> 1. Relationships 2. My body and my health 3. Life cycles 4. Keeping safe and looking after myself 5. People who help me 6. Feelings and attitudes 7. Mental wellbeing 8. Living in our world 	<p>Autumn 1:</p> <p>Relationships</p> <ul style="list-style-type: none"> • Who is in my family? • Who do I look after? • What do I do that makes me feel happy? • What can other people do to make me feel good? <p>We talk about our families and how families are all different. We will be using the books 'More people to love me' and 'The Great Big Book of Families' amongst others. We will be drawing our families and talking about people who are special to us. We will also create pebble pictures and talking more about our families as we create them.</p> <p>Living in Our World</p> <ul style="list-style-type: none"> • What are my responsibilities as a child in school (sharing, taking turns, manners etc). • How do I know I'm part of Zetland Primary School'? <p>Over the year, we will be learning about what our responsibilities are both in our class and in our school and how we are all part of our wonderful Zetland School Family.</p>	<p>Spring 1:</p> <p>Mental Wellbeing</p> <ul style="list-style-type: none"> • How am I feeling? Do I know why? <p>We will be thinking about our feelings and learning to understand them better. We will be exploring this through different books including 'The Colour Monster', 'Ruby's worry' and 'My monster and me'. We have also got a worry monster in our class to help us.</p> <p>Spring 2:</p> <p>People who help me</p> <ul style="list-style-type: none"> • Who can I ask if I need to know something? • Who can I go to if I am worried about something? <p>We will be thinking about who we can talk to if we need help or if we are worried about something. We will be having visits from the police, fire service and the RNLI, as we live so close to the sea.</p>	<p>Summer 1:</p> <p>Life Cycles</p> <ul style="list-style-type: none"> • How are other children similar and different to me? <p>We will be thinking about how other children are similar and different and discussing how we treat everyone with kindness and respect. This creates an opportunity to celebrate our differences. This unit of work is very closely linked to, and will be taught through, science.</p> <p>Summer 2:</p> <p>Keeping safe and looking after myself</p> <ul style="list-style-type: none"> • Why do I have to be clear about knowing 'yes', 'no', 'I'll ask' and 'I'll tell'? <p>We will be using resources from the NSPCC and also 'Smartie the penguin' to think about internet safety.</p> <p>My Body and My Health</p> <ul style="list-style-type: none"> • Why are girls' and boys' bodies different? • What do we call the different parts of girls' and boys' bodies? • Why and when do I need to

	<p>During this half term, we will also take part in Anti-Bullying Week, Road Safety Week and Children in Need.</p> <p>Autumn 2: Feelings and attitudes</p> <ul style="list-style-type: none"> • What do I have to do for myself now I am at school? <p>In Reception we will be developing our independence skills and knowing which things we can do for ourselves and which things we need to ask for help with. We will also be developing our resilience and working hard to always try our best even when things are tricky. We will celebrate each child's personal achievements since starting school. We will also talk about the values they share as a class. We will create a class book to share this.</p>		<p>wash my hands?</p> <ul style="list-style-type: none"> • How do I keep myself safe in the sun? <p>We will be talking about handwashing to understand why it is important and how we need to do it. We will be using the NHS handwashing video to learn about this. We will also be thinking about how girls' and boys' bodies are different. We will also be learning the biological names of the body parts for girls and boys. We will also be thinking about how to keep ourselves safe when it is sunny.</p>
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