

Reception PHSE Learning outcomes (Includes RSE education)

Me and My Relationships - Autumn Term

Children will be able to:

- Talk about similarities and differences.
- Name special people in their lives.
- Describe different feelings.
- Identify who can help if they are sad, worried or scared.
- Identify ways to help others or themselves if they are sad or worried.

Valuing Difference - Autumn Term

Children will be able to:

- Be sensitive towards others and celebrate what makes each person unique.
- Recognise that we can have things in common with others.
- Use speaking and listening skills to learn about the lives of their peers.
- Know the importance of showing care and kindness towards others.
- Demonstrate skills in building friendships and cooperation.

Keeping Myself Safe –Spring Term

Children will be able to:

- Talk about how to keep their bodies healthy and safe.
- Name ways to stay safe around medicines.
- Know how to stay safe in their home, classroom and outside.
- Know age-appropriate ways to stay safe online.
- Name adults in their lives and those in their community who keep them safe.

Rights and Responsibilities –Spring Term

Children will be able to:

- Understand that they can make a difference.
- Identify how they can care for their home, school and special people.
- Talk about how they can make an impact on the natural world.
- Talk about similarities and differences between themselves.
- Demonstrate building relationships with friends.

Being My Best –Summer Term

Children will be able to:

- Feel resilient and confident in their learning.
- Name and discuss different types of feelings and emotions.
- Learn and use strategies or skills in approaching challenges.
- Understand that they can make healthy choices.
- Name and recognise how healthy choices can keep us well.
- Know that eating at least five portions of vegetables and fruit a day helps to maintain health.

Growing and Changing –Summer Term

Children will be able to:

- Understand that there are changes in nature and humans.
- Name the different stages in childhood and growing up.
- Understand that babies are made by a man and a woman.
- Use the correct vocabulary when naming the different parts of the body.
- Know how to keep themselves safe