

PSHE – Me and my Relationships

Subject Specific Vocabulary

friends	People that you have fun with. You share, play and laugh with them.
help	To give assistance or support to someone.
rules	Guidelines for how people should behave.
family	People connected by biology, adoption or marriage.
hurt	To feel pain in a part of your body.
safe	Anything you do to protect yourself and others from harmful accidents.
feelings	How our emotions feel about something.
listen	To pay attention to a sound.

Key Skills

I can name a variety of different feelings and explain how these might make me behave.

I can think of some different ways of dealing with 'not so good' feelings.

I know when I need help and who to go to for help.

I can tell you some different classroom rules.



Key Questions

Feelings

- Do we have the same feelings? Why do we have different feelings?
- How do we show our feelings? What can we do when we have 'not so good' feelings?
- What are safe and healthy ways to get angry energy out?
- How can we help our feelings come out?

Getting Help

- When do you need to ask for help?
- Who can help you if you need help?

Classroom Rules

- Who are classroom rules for? Why do we need classroom rules? What would school be like if we didn't have classroom rules?
- Are classroom rules for the children or the teachers?
- What can help children to keep the classroom rules?

PSHE – Valuing Difference

Subject Specific Vocabulary

respect	Interact with someone in a way that shows you care.
kind	Doing things that are friendly and considerate.
different	Something that is not the same.
tease	To make fun of.
bully	To tease and/or be unkind over a period of time.
fair	Everyone gets what they need in an equal way.
rules	Guidelines for how people should behave.

Key Skills

I can say ways in which people are similar as well as different.

I can say why things sometimes seem unfair, even if they are not.



Key Questions

Recognising, Valuing and Celebrating Difference

- How are people different?
- How are people similar?
- What is good about people being different?

Developing Tolerance

- What is fair?
- What is unfair?
- Do things sometimes seem unfair, even though they are not?
- Why do some people see something as unfair and other people see it as fair?

PSHE – Keeping Safe

Subject Specific Vocabulary

healthy	To not be sick.
sleep	When you close your eyes and relax, usually at night time.
exercise	When you are physically active.
private	Something that you don't want to share with other people.
unsafe	At risk of being in danger or harmed.
share	To let someone else have or use a part of.
uncomfortable	Something causing discomfort or distress.
internet	A network connecting millions of computers over the world.
medicine	The science of keeping people healthy and healing the sick.

Key Skills

I can say what I can do if I have strong, but not so good feelings, to help me stay safe (e.g. sad - talk to someone).

I can give examples of how I keep myself healthy.

I can say when medicines might be harmful (e.g. overdose, if not needed, another person's medicine, etc.)



Key Questions

How Our Feelings Can Keep Us Safe

- How many different feelings can people have?
- Do different feelings make your body feel different?
- What can you do if you have 'not so good' feelings?
- How can you help if someone else has 'not so good' feelings?

Keeping Healthy

- What do people need to keep healthy?
- How do you keep yourself healthy?
- Why do we need different things to be healthy?

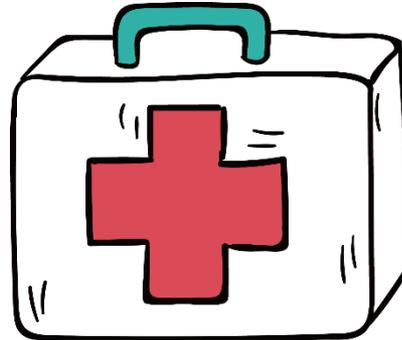
Medicine Safety

- How do medicines help?
- Are medicines always helpful?
- Where do medicines need to be kept? Why?

PSHE – Rights and Respect

Subject Specific Vocabulary

litter	Material/rubbish.
environment	All physical surroundings on Earth.
routine	The usual things that you do at a particular time.
first aid	The first help given to a sick or injured person.
spending	To use up or pay out.
responsible	To make good choices.
danger/risk	That someone/something is in harm of injury or damage.



Key Skills

I can give some examples of how I look after myself and my environment - at school or at home.

I can also say some ways that we look after money.

Key Questions

Looking After Things

- What needs to be looked after?
- What do you look after?
- Is there anything else you can look after?
- Why does the environment need to be looked after?
- Do we need to look after money? Why?
- How can you look after yourself?
- How do you feel when you have looked after someone or something?

PSHE – Being my Best

Subject Specific Vocabulary

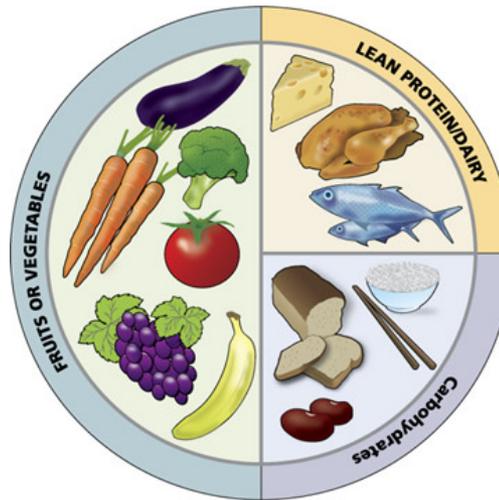
vitamins	Nutrients that humans need to grow and be healthy.
dairy	Milk products, such as milk from a cow
protein	It helps to build and maintain the tissues in our body.
sugar	Used to make something sweeter.
cereal	A grassy grain like corn or wheat.
germs	A bacteria, virus or fungi.
energy	It gives us the ability to do things.
hygiene	Keeping clean by washing hands, cleaning teeth, etc.

Key Skills

I can name a few different ideas of what I can do if I find something difficult.

I can say why certain foods are healthy.

I can say why it's important to eat at least five portions of vegetables/fruit a day.



Key Questions

Growth Mindset

- What can you do if you find something difficult?
- Do you need just one idea to help, if you find something difficult?
- How have your ideas helped you?

Keeping Healthy

- Which foods are healthy and why? Why do we need to eat different foods?
- What jobs do different foods have in the body?

PSHE – Growing and Changing

Subject Specific Vocabulary

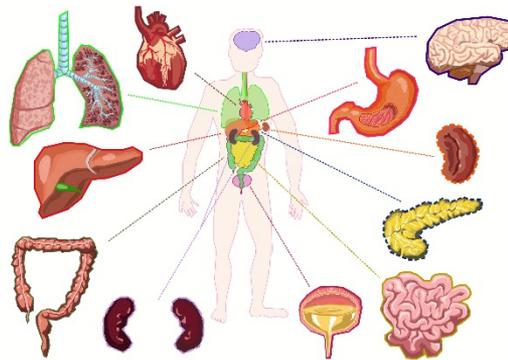
lungs	The lungs are an organ that allow us to breathe.
heart	An organ that pumps blood around the body.
brain	It controls all processes in our body such as thought, memory, emotions, etc.
stomach	An organ that first stores food.
trusted	Someone you know is reliable and honest.
growing	To increase in size.
vulva	The outside parts of the female reproductive system.
penis	the external reproductive organ of the male.

Key Skills

I can identify an adult I can talk to at both home and school, if I need help.

I can tell you some things I can do now that I couldn't do when I was a toddler.

I can tell you what some of my body parts do.



Key Questions

Getting Help

- What is a trusted adult?
- Which adults at home can you ask for help?
- Which adults at school can you ask for help?

Becoming Independent

- What can you do now, that you couldn't do as a baby?
- What can you do now, that you couldn't do as a toddler?
- What can you do now, that you couldn't do last year in Reception?
- What are you still learning to do?

Body Parts

- Which body parts are on the inside? Which body parts are on the outside?
- How do different body parts work?
- Are girls' and boys' bodies the same? Which parts are different?