

Reception PSHE Termly Overview - Summer

Theme: Health and Wellbeing

Sub-themes: Physical Health and Mental wellbeing
Growing and Changing
Keeping Safe

Core Substantive Knowledge

Key Vocabulary

Key Questions

Physical Health and Mental wellbeing

Children

will learn:

- To explore their own feelings, how to describe them using a range of words, and begin to understand the feelings of others.
- that it's okay to ask for help when they feel upset or overwhelmed, and they'll be taught how to do this in a safe and supportive way.
- to discover what it means to be healthy and explore ways to look after their bodies—through exercise, rest, and making good food choices, including understanding the effects of too much sugar.
- about dental care (like brushing teeth and visiting the dentist) and simple hygiene routines (like handwashing) to help stop the spread of germs.

Feelings, emotions, sad, angry, happy, tired, surprised, scared, silly, excited, worried, calm, panic, relaxed, vitamins, minerals, fibre, dirt, hands, germs, wash, soap, water, scrub, clean, hygiene, germs, spread, anti-bacterial

- Can you name big emotions?
- What does being calm mean for me?
- Why is it important to eat fruit and vegetables?
- Why is keeping clean important?

Growing and Changing

Children will learn:

- about the stages of human growth and how their bodies change as they get older.
- different types of touch, how these can make people feel, and what to do if any touch makes them feel uncomfortable or unsafe.
- when and how to ask for or give permission to touch others, and understand the importance of keeping certain parts of the body private.
- to show perseverance in challenging situations and know who to go to if they or someone else is hurt or upset.

babies, childhood, teenager, adulthood, elderly, height, private parts, underwear, belong, independence, resilience, determination, ability,

- How do our bodies change as we grow up?
- How can I keep my private parts safe?
- Which routines can I follow to stop spreading germs?
- How can I do things for myself?

Keeping Safe

Children will learn:

- how to keep themselves safe while playing outside and in places like the beach, park, shopping centre, swimming pool, and on the street, including how to cross roads safely.
- how to cope in an emergency and what to do if they get lost.
- common fears, how they can hold us back, and ways to overcome them.
- that change is a normal part of life and explore the different feelings that can come with it.

safe, unsafe, danger, hazard, emergency, help, protect, road, traffic, fire, water, rail, stranger, safe, lost, adult, emotions, excited, nervous, curious, fears, anxiety, worry, scared, bravery,

- How can you stay safe when you are out and about?
- What should I do if I get lost?
- What can I do if I am fearful of something?
- How do I feel about moving up to Year 1?