



## PHSCE & RSHE EYFS Curriculum Foundations: Reception Class

What are the aims and intentions of this curriculum?

That children will:

- children learn to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.
- learn to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences.
- understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills that will help them show resilience and perseverance in the face of challenge.
- learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.
- Learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.
- learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.

Term	Topic	Key Learning	Key Vocabulary
Autumn	<b>Self-Regulation: My Feelings</b>	<ul style="list-style-type: none"> <li>• To identify different feelings and emotions.</li> <li>• To identify and express my feelings.</li> <li>• To explore different coping strategies to help regulate our emotions.</li> <li>• To identify our own feelings.</li> <li>• To consider the reasons behind our emotions.</li> <li>• To explore the different words that can be used to describe feelings</li> <li>• To explore different facial expressions and what they mean.</li> <li>• To identify different feelings and how to moderate behaviour socially and emotionally.</li> </ul>	Feelings emotions happy sad angry calm scared loved
Autumn	<b>Building relationships: Special Relationships</b>	<ul style="list-style-type: none"> <li>• To talk about our families.</li> <li>• To understand that all families are valuable and special.</li> <li>• To talk about people that hold a special place in children's lives.</li> <li>• To understand why it is important to share and cooperate with others.</li> <li>• To develop strategies to help when trying to share with others.</li> <li>• To see themselves as a valuable individual.</li> </ul>	love special share sharing friend take turns



		<ul style="list-style-type: none"> <li>To understand that it is ok to like different things.</li> <li>To share their interests with the group.</li> <li>To explore diversity through thinking about similarities and differences.</li> </ul>	like dislike enjoy same different similar
Spring	<b>Managing Self: taking on Challenges</b>	<ul style="list-style-type: none"> <li>To understand why we have rules.</li> <li>To understand the importance of persistence in the face of challenges.</li> <li>To develop confidence in their own ability to solve problems.</li> <li>To work together as a group to overcome challenges.</li> <li>To communicate effectively with others.</li> <li>To understand the importance of perseverance in the face of challenge.</li> <li>To learn new skills, showing resilience and perseverance in the face of challenge.</li> </ul>	rules right wrong safe fair enjoy calm challenge difficult mistake
Spring	<b>Self-regulation: Listening and following instructions</b>	<ul style="list-style-type: none"> <li>To understand why it is important to listen carefully</li> <li>To listen attentively to a story.</li> <li>To talk about and retell parts of a story they have deep familiarity with</li> <li>To understand why it is important to listen carefully.</li> <li>To understand why it is important to tell the truth and think about the feelings of others.</li> <li>To follow instructions involving several ideas or actions.</li> <li>To persevere when things are difficult.</li> <li>To listen and respond to phrases and instructions that involve several ideas or actions.</li> </ul>	listening understanding friends truth feelings honest instructions <i>persevere</i>
Summer	<b>Building Relationships: My family and friends</b>	<ul style="list-style-type: none"> <li>To understand that we all have different beliefs and celebrate special times in different ways.</li> <li>To think about the perspectives of others in the class.</li> <li>To understand why sharing is important.</li> <li>To think about the perspectives of others in the class.</li> <li>To understand the characteristics that make a good friend.</li> <li>To think about why it might be difficult for others to be a good friend all of the time.</li> <li>To consider why it is important to support each other by being kind.</li> </ul>	festival special event religion culture beliefs tradition share sharing



		<ul style="list-style-type: none"> <li>To learn how to help, listen to and support others when working in a team.</li> </ul>	friend take turns friendly kind polite support encourage
Summer	<b>Managing myself: My well-being</b>	<ul style="list-style-type: none"> <li>To learn about the importance of exercise.</li> <li>To explore how exercise affects different parts of the body.</li> <li>To learn how yoga can help our bodies to stretch, relax and stay healthy.</li> <li>To explore guided meditation and relaxation.</li> <li>To understand why it is important to be able to take care of ourselves by completing independent tasks related to health, well-being and hygiene.</li> <li>To know and discuss the factors that support their overall health and well-being.</li> <li>To understand what it means to be a safe pedestrian.</li> <li>To understand what it means to eat healthily.</li> <li>To understand the importance of healthy food choices.</li> <li>To explore what it means to have a balanced diet.</li> </ul>	Exercise Move Healthy Relax Independent Care Healthy Walk Safe Careful Sensible