

PSHE/RSHE IN EYFS

In EYFS, PSHE/RSHE forms part of Personal, Social & Emotional Development ELG: Self-Regulation, Managing Self and Building Relationships. Reception and Nursery use the Coram Life Education PSHE lessons alongside everyday classroom practice to support learning and development of personal, social and health skills. Children use the Characteristics of Effective Learning: Playing and Exploring, Active Learning and Creating and Thinking Critically.

Development Matters	Early Learning Goal – End of Reception	What does this look like in Early Years?	By the end of Reception, I can....
<p>Personal, Social & Emotional Development</p> <ul style="list-style-type: none"> See themselves as a valuable individual. Build constructive and respectful relationships. Express their feelings and consider the feelings of others. Show resilience and perseverance in the face of challenge. Identify and moderate their own feelings socially and emotionally. Think about the perspectives of others. <p>Manage their own needs.</p> <ul style="list-style-type: none"> Personal hygiene <p>Know and talk about the different factors that support their overall health and wellbeing:</p> <ul style="list-style-type: none"> Regular physical activity Healthy eating Toothbrushing Sensible amounts of 'screen time' Having a good sleep routine Being a safe pedestrian. 	<p>PSED: Self-Regulation</p> <ul style="list-style-type: none"> Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. <p>PSED: Managing Self</p> <ul style="list-style-type: none"> Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. <p>PSED: Building Relationships</p> <ul style="list-style-type: none"> Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs. 	<ul style="list-style-type: none"> Circle times, listening games, talk partners, joining in with songs and actions. Discussing and demonstrating good classroom and playground behaviour. Good listening and turn taking. Discussions around families, friends and celebrations. Sharing stories and daily talk, including what has happened, how can we resolve it, what does it mean for us? Class rules, routines and boundaries. Being a good friend, taking turns, sharing, working as a team. <p>PSED through our topics.</p> <ul style="list-style-type: none"> Sharing ideas and listening to others Working together Looking after ourselves Growing and changing (people, plants, animals) Staying safe Turn taking Me, my friends and my family Who can help me? My feelings <p>6 key areas are covered through Coram Life Education:</p> <ol style="list-style-type: none"> Me and my relationships Valuing Difference Keeping safe Rights and respect Being my best Growing and changing 	<ul style="list-style-type: none"> Express how I feel. Say when I am feeling happy, sad or angry. Talk to familiar adults and seek help if needed. Listen and respond to others. Be a good friend. Follow instructions. Take turns and share. Know the difference between right and wrong choices. Understand there are consequences for my actions. Say why we have rules. Get dressed and use the toilet independently. Talk about foods that are healthy or unhealthy. Brush my teeth correctly. Know what makes me special Know what is safe to go into my body Know how to keep safe online Know how to keep my mind healthy Understand that it is important to get enough sleep

Vocabulary: Emotions and feelings, happy, sad, angry, upset, hurt, jealous, worried, scared, relaxed, calm, rules, behaviour, consequences, listen, share, friends, take turns, healthy, unhealthy.