



PSHE/RSHE Lesson Coverage: Reception



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p><u>Lesson 1</u>- LO: To understand how it feels to belong and that we are similar and different.</p> <p><u>Lesson 2</u>- LO: To start to recognise and manage my feelings.</p> <p><u>Lesson 3</u>- LO: To work together and consider other people's feelings.</p> <p><u>Lesson 4</u>- LO: To understand why it is good to be kind and use gentle hands.</p> <p><u>Lesson 5</u>: To learn what being responsible means.</p>	<p><u>Lesson 1</u>- LO: To identify something I am good at and understand that everyone is good at different things.</p> <p><u>Lesson 2</u>- LO: To understand that being different makes us all special.</p> <p><u>Lesson 3</u>- LO: To know we are all different but the same in some ways.</p> <p><u>Lesson 4</u>- LO: To know how to be a kind friend.</p> <p><u>Lesson 5</u>- LO: To know which words to use to stand up for myself when someone says or does something unkind.</p>	<p><u>Lesson 1</u>- LO: To understand that if I persevere I can tackle challenges.</p> <p><u>Lesson 2</u>- LO: To tell you about a time I didn't give up until I achieved my goal.</p> <p><u>Lesson 3</u>- LO: To set a goal and work towards it.</p> <p><u>Lesson 4</u>- LO: To use kind words to encourage people.</p> <p><u>Lesson 5</u>- LO: To understand the link between what I learn now and the jobs I might like to do when I am older.</p>	<p><u>Lesson 1</u>- LO: To understand that I need to exercise to keep my body healthy.</p> <p><u>Lesson 2</u>- LO: To know what the word 'healthy' means and that some foods are healthier than others.</p> <p><u>Lesson 3</u>- LO: To know how to help myself go to sleep and understand why sleep is good for me.</p> <p><u>Lesson 4</u>- LO: To wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.</p> <p><u>Lesson 5</u>- LO: To know what a stranger is and</p>	<p><u>Lesson 1</u>- LO: To identify some of the jobs I do in my family.</p> <p><u>Lesson 2</u>- LO: To know how to make friends to stop myself from feeling lonely.</p> <p><u>Lesson 3</u>- LO: To understand the impact of unkind words.</p> <p><u>Lesson 4</u>- LO: To use Calm Me Time to manage my feelings.</p> <p><u>Lesson 5</u>- LO: To know how to be a good friend.</p>	<p><u>Lesson 1</u>- LO: To name parts of the body.</p> <p><u>Lesson 2</u>- LO: To understand that we all grow from babies to adults.</p> <p><u>Lesson 3</u>- LO: To express how I feel about moving to Year 1.</p> <p><u>Lesson 4</u>- LO: To talk about how I feel about my worries and/or the things I am looking forward to about being in Year 1.</p> <p><u>Lesson 5</u>- LO: To share my memories of the best bits of this year in Reception.</p>

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