

Reception PSHE		
Wellbeing	Changes (RSE/Science)	Staying Safe
<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about how we show our feelings</li> <li>• about how to behave in different settings</li> <li>• how to express themselves clearly-likes/dislikes and when they need help</li> <li>• explore new things daily to gain confidence</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• that they are unique and made in the image of God</li> <li>• to understand and respect the differences and similarities between people</li> <li>• to accept and adjust to changes in their routines</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about rules and how this keeps them safe</li> <li>• about keeping safe outside</li> <li>• about the different range of technology at home and at school and how to access it safely.</li> <li>• to explore risks and self assess situations enhancing emotional health.</li> </ul>
Being Healthy	Caring for Others	The Wider World
<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about moving confidently and safely in a space</li> <li>• about the importance of exercise and a healthy diet</li> <li>• about the importance of hygiene</li> <li>• about the importance of mindfulness through breathing exercises and circle time.</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about what makes themselves and others special</li> <li>• about being cooperative with others</li> <li>• about listening to the ideas of others</li> <li>• about sharing with others (including how it feels)</li> <li>• to show sensitivity to others</li> </ul>	<p><b>Pupils learn:</b></p> <ul style="list-style-type: none"> <li>• about recognising things in their own environment</li> <li>• to share own experiences</li> <li>• about the different environments of others</li> <li>• about taking care of their environment</li> <li>• about the UN- rights, peace, dignity and equality on a healthy planet</li> </ul>