

PSHE and SRE in EYFS with links to KS1

What does the EYFS curriculum say?

Development Matters			
Reception	<i>Communication and Language</i>		Use talk to help work out problems and organise thinking and activities, and to explain how things work and why they might happen. Develop social phrases.
	<i>Personal, Social and Emotional Development</i>		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. Manage their own needs e.g., personal hygiene Know and talk about the different factors that support their overall health and wellbeing: <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
	<i>Physical Development</i>		Further develop the skills they need to manage the school days successfully: <ul style="list-style-type: none"> - lining up and queuing - mealtimes
ELG	<i>Communication and Language</i>	<i>Listening, Attention and Understanding</i>	Hold conversation when engaged in back-and-forth exchanges with their teachers and peers.
		<i>Speaking</i>	Express their ideas and feelings about their experiences using full sentences, including use of past, present and future tenses and making use of conjunctions, with modelling and support from their teacher.
	<i>Personal, Social and Emotional Development</i>	<i>Self-Regulation</i>	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.
		<i>Managing Self</i>	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.
		<i>Building Relationships</i>	Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers.



			Show sensitivity to their own and others' needs.
	<i>Physical Development</i>	<i>Gross Motor Skills</i>	Negotiate space and obstacles safely, with consideration for themselves and others.
	<i>Understanding the World</i>	<i>Past and Present</i>	Talk about the lives of people around them and their roles in society.

How do we do this in Early Years:

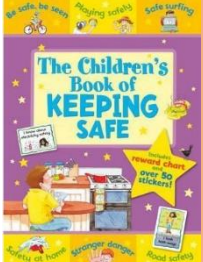
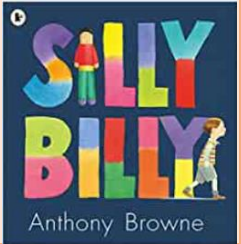

We do this through:

- Circle time sessions
- Listening games
- Talk partners
- Model good listening and turn taking
- Share stories daily and talk about what has happened and why / moral / what does that mean for us?
- Social stories
- Puppets and role play scenarios
- All About Me and Self Topics
- Discussions about family and friends
- Healthy snacks
- PE lessons
- Our body topic, healthy eating topic
- Handwashing activities
- Promotion of toothbrushing and visits from the dentist
- Worry monsters/worry boxes
- Class rules and routines
- 9 Habits
- Celebrations and certificates, rewards, etc.
- Role play – being friends
- Sports day – taking part, working as a team.
- Classroom roles and responsibilities
- Promotion of self-regulation through a variety of activities e.g. stop and go games
- Mindfulness activities e.g. breathing, tapping and sensing in
- People Who Help Us topics
- Negotiation and sharing with others
- British Values
- Exploration of money

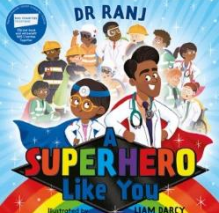


Links to OCL Curriculum for PSHE

This section outlines how EYFS can provide a preparation for future learning in PSHE. For more information about the PSHE curriculum, please follow this link [Personal Development \(inc. PSHE\) in the OCL Primary Curriculum.docx \(sharepoint.com\)](#)

OCL PSHE Core Concepts	Vocabulary	Key texts and activities
Healthy Lifestyles	<ul style="list-style-type: none"> • Healthy • Unhealthy • Balanced diet • Food groups • Moderation • Hygiene • Clean • Brushing your teeth 	<ul style="list-style-type: none"> • Toothbrushing activities in school • Visits from the dentist • Hand washing routines and activities e.g. using glitter to show the transfer of germs • Healthy Eating and Food topics • Food tasting • Food sorting • PE lessons and Sports Days • My body topic
Keeping Safe	<ul style="list-style-type: none"> • Safe • Rules • Help • Emergency 	<ul style="list-style-type: none"> • People Who Help Us Topics • Rules and routines in the classroom • Class roles and responsibilities <p><i>Text: The Children's Book of Keeping Safe by Sophie Giles</i></p> 
Mental and Emotional Health	<ul style="list-style-type: none"> • Emotions • Happy, Sad, Angry, Excited, Surprised, Tired • Behaviour 	<ul style="list-style-type: none"> • Exploring emotions • How do different situations make us feel? • Social stories and role play scenarios • Interactions in play, modelling negotiation and sharing • Self-regulation activities <p><i>Text: Silly Billy by Anthony Browne</i></p> 
RSE	<ul style="list-style-type: none"> • Family • Friends • Relationship 	<ul style="list-style-type: none"> • All About Me and Self topics • Learning about our family and family tree • Talking about people who are close to us and care for us • Building relationships with our peers <p><i>Text: The Invisible String by Patrice Karst</i></p> 



<p>Living in the Wider World</p>	<ul style="list-style-type: none"> • Rules • Money • British Values 	<ul style="list-style-type: none"> • Class rules and routines • Class helpers • Exploring british values • Voting stations to choose books/activities • Exploration of money <p><i>Text: A Superhero Like You by Dr Ranj</i></p> 
<p>9 Habits</p>	<ul style="list-style-type: none"> • Joyful • Compassionate • Self-Controlled • Humble • Honest • Hopeful • Considerate • Patient • Forgiving 	<ul style="list-style-type: none"> • Introducing the 9 habits through conversations with the children • Using the 9 habit slides available for EYFS to explain the habits in an age appropriate way

Explicit Knowledge

	Healthy Lifestyles	Keeping Safe	Mental and Emotional Health	RSE	Living in the Wider World
N	Healthy Eating All About Me and My Family Food My Body Looking After Ourselves	People Who Help Us	Exploring Emotions	All About Me and My Family	People Who Help Us
R	Healthy Eating Self Growing (food) Reception PE lessons	People Who Help Us	Self	Self	People Who Help Us