



## Subject: RSHE

### Reception:

<b>Term 1:</b> I can tell you what children, including me, need to feel safe and happy.	I can tell when I'm feeling upset or angry and I can do the right thing about that.
<b>Term 2:</b> I can tell you how I am the same and how I am different and I can explain why I feel proud of who I am.	I know how to cheer my friends up when they are upset.
<b>Term 3:</b> I know what my dreams and goals are.	I can talk about what I need to do to achieve my dreams and goals and how I can help others believe they can achieve theirs.
<b>Term 4:</b> I can describe what a safe and healthy lifestyle is, including diet, exercise, hygiene and keeping myself and others safe.	I can say what exercise I do, what good things I eat, what I do to make sure I don't spread germs and how I keep myself safe.
<b>Term 5:</b> I can explain what it means to be a good person	I can show you how you should behave towards others in order to make them feel safe and cared for.
<b>Term 6:</b> I can tell you what changes happen as we grow from being a baby to being an adult	I can discuss with my classmates and teachers about the changes between Reception and Year 1 and what we can do to help us feel happy about the changes.

Year Group	Knowledge/PSHE <b>*non-negotiable knowledge</b>	Skills/Social & emotional/relationships <b>*non-negotiable knowledge</b>	Vocabulary	Inspirational people/ events/books	Club/visit/experts
1	Term 1 – I can explain why my class is a happy and safe place to learn.	Term 1 – I can give different examples where I or other make my class happy and safe.	Term 1 – safe, special, calm, belonging, rights, responsibilities, learning charter, rewards, proud, consequences, upset, and disappointed.		
	Term 2 – I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special.	Term 2 – I can explain what bullying is and how being bullied might make somebody feel.	Term 2 – similarities, similar, same as, difference, different, bullying, behaviour, deliberate, on purpose, unfair, bully, bullied, include, celebration, difference, special and unique.		
	Term 3 – I can explain how I feel when I am successful and how this can be celebrated positively.	Term 3 – I can say why my internal treasure chest is an important place to store positive feelings.	Term 3 – proud, success, achievement, goal, treasure, process, dreams, working together, teamwork, celebrate, challenge, obstacle, and overcome.		
	Term 4 - I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.	Term 4 - I can give examples where being healthy can help me feel happy.	Term 4 – healthy, unhealthy, balanced, exercise, sleep, choices, clean, body parts, toiletry items, hygienic, safe, safety, medicines, trust and green cross code.		

	Term 5 - I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.	Term 5 - I can give examples of behaviour in other people that I appreciate and behaviours I don't like.	Term 5 – family, belonging, different, difference, same, similar, friends, friendship, qualities, caring, sharing, kind, greeting, touch, feel, texture, like, dislike, help, helpful, community, feelings, confidence, praise, skills, self-belief, incredible, proud, celebrate, relationships, special, appreciate, feelings.		
	Term 6 - I can compare how I am now to when I was a baby and explain some of the changes that will happen to as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva and give reasons why they are private.	Term 6 - I can explain why some changes I might experience might feel better than others.	Term 6 – changes, life cycle, baby, adulthood, grown up, adult, mature, changes, male, female, vagina, penis, testicles, vulva, anus, nipples, grow, change, feelings, anxious, worried, excited and coping.		
2	Term 1 – I can explain why my behaviours can impact on other people in my class.	Term 1 – I can compare my own and my friend's choices and can express why some choices are better than others.	Term 1 – Worries, Hopes, Fears, Belonging, Rights, Responsibilities, Responsible, Actions, Praise, Reward, Consequence, Positive, Negative, Choices, Co-Operate, Learning Charter, Problem-Solving		
	Term 2 - I can explain that sometimes people get bullied because they are seen to be different. This might include people who do not conform to their gender stereotypes.	Term 2 - I can explain how it feels to have a friend and be a friend. I can also explain why it is ok to be different from my friends.	Term 2 - Boys, Girls, Similarities, Assumptions, Shield, Stereotypes, Special, Differences, Bully, Purpose, Kind, Unkind, Feelings, Sad, Lonely, Help, Stand up for, Male, Female, Diversity, Fairness, Kindness, Friends, Unique, Value.		
	Term 3 - I can explain how I feel when I am successful and how this can be celebrated positively.	Term 3- I can say why my internal treasure chest is an important place to store positive feelings.	Term 3 - Realistic, Proud, Success, Celebrate, Achievement, Goal, Strength, Persevere, Challenge, Difficult, Easy, Learning Together, Partner, Team work, Product.		

	<p>Term 4 - I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.</p>	<p>Term 4 - I can give examples where being healthy can help me feel happy.</p>	<p>Term 4 - Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Healthy, Unhealthy, Dangerous, Medicines, Safe, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious</p>		
	<p>Term 5 - I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.</p>	<p>Term 5 - I can give examples of behaviour in other people that I appreciate and behaviours I don't like.</p>	<p>Term 5 - Family, Different, Similarities, Special, Relationship, Important, Co-operate, Touch, Physical contact, Communication, Hugs, Like, Dislike, Acceptable, Not acceptable, Friends, Conflict, Point of view, Positive problem solving, Secret, Surprise, Good secret, Worry secret, Telling, Adult, Trust, Happy, Sad, Frightened, Trust, Trustworthy, Honesty, Reliability, Compliments, Celebrate, Appreciate</p>		
	<p>Term 6 - I can compare how I am now to when I was a baby and explain some of the changes that will happen to as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva and give reasons why they are private.</p>	<p>Term 6 - I can explain why some changes I might experience might feel better than others.</p>	<p>Term 6 - Change, Grow, Control, Life cycle, Baby, Adult, Fully grown, Growing up, Old, Young, Change, Respect, Appearance, Physical, Baby, Toddler, Child, Teenager, Independent, Timeline, Freedom, Responsibilities, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Looking forward, Excited, Nervous, Anxious, Happy</p>		