

**Year Group Reception- PSHRE**

<b>Health and Wellbeing</b>	<b>Relationships</b>	<b>Living in the Wider World</b>
<p><b>Autumn Topic – This is me! &amp; Our Wonderful World</b> <b>Spring – A world of pure imagination &amp; A world of all creatures Great and Small</b> <b>Summer – Happily Ever After &amp; Little People, Big Adventures.</b></p>		
<p><b>Progression Statements below are taught within the term stated and covered multiple times over the year during the topics above.</b> <b>N.B. These statements are taken from the Development Matters 2020.</b></p>		

<p>Know and talk about the different factors that support their overall health and wellbeing:</p> <ul style="list-style-type: none"> <li>- regular physical activity</li> <li>- healthy eating</li> <li>- tooth brushing</li> <li>- sensible amounts of 'screen time'</li> <li>- having a good sleep routine</li> <li>- being a safe pedestrian</li> </ul> <p>Further develop the skills they need to manage the school day successfully:</p> <ul style="list-style-type: none"> <li>- lining up and queuing</li> <li>- mealtimes</li> <li>- personal hygiene</li> </ul> <p style="text-align: center;"><b>Early Learning Goal</b></p> <p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p>	<p>Use talk to help work out problems and organise thinking and activities, explain how things work and why they might happen.</p> <p>Develop social phrases.</p> <p>See themselves as a valuable individual.</p> <p>Build constructive and respectful relationships. Express their feelings and consider the feelings of others.</p> <p>Show resilience and perseverance in the face of challenge.</p> <p>Identify and moderate their own feelings socially and emotionally.</p> <p>Think about the perspectives of others.</p> <p style="text-align: center;"><b>Early Learning Goal</b></p> <p>Hold conversation when engaged in back and forth exchanges with their teachers and peers.</p> <p>Express their ideas and feelings about their experiences using full sentences, including use of a past, present and future tenses and making use of conjunctions, with modelling and support from their teacher.</p> <p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> <p>Set work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</p> <p>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>	<p>Manage their own needs.</p> <p>Talk about members of their immediate family and community.</p> <p>Name and describe people who are familiar to them.</p> <p>Recognise that people have different beliefs and celebrate special times in different ways.</p> <p style="text-align: center;"><b>Early Learning Goal</b></p> <p>Talk about the lives of people around them and their roles in society.</p>
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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.

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.

Negotiate space and obstacles safely, with consideration for themselves and others.