

What does PSHE look like in Reception?

The EYFS framework is structured differently to the national curriculum as it is organised across seven areas of learning (Communication and language, Personal, social and emotional development, Physical development, Literacy, Mathematics, Understanding the world and Expressive arts and design) rather than subject areas. Development matters provides guidance for the early years foundation stage in these seven areas. The most relevant statements for PSHE are taken from the Personal, social and emotional development and communication and language areas of learning. Our planning is developed with reflection upon the relevant statements and progression of knowledge and skills from Kapow. These statements and skills will be taught in topic lessons throughout the year to tie in with our current theme/topic and through exploring and deepening their curiosity in the continuous provision in independent learning time.

The table below show our PSHE termly plan with links to Kapow activities:

	Autumn 1 Me and my Community	Autumn 2 Let's Celebrate!	Spring 1 Our amazing world	Spring 2 Come Outside!	Summer 1 The land before time	Summer 2 Are we nearly there yet?
Topic/ WOW moments	Starting school Building relationships Listening and attention activities Forest school sessions Books: Colour monster Starting schools	Children in need Anti-bullying week Christmas play Festivals	Chinese New Year Valentine day Internet safety day	Links with history – family tree Following instructions to plant a seed.	Links to DT making a salad Computing data handling what is our favourite fruit? Practising for sports day Summer – sun Road safety	Sports day Preparing for Year 1
Kapow	Self-regulation: My feelings	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Building relationships: special relationships	Managing self: My well being	Managing self: Taking on challenges

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Development matters</p>	<p>Communication and Language</p> <ul style="list-style-type: none"> • 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. <p>Personal, Social and Emotional Development</p> <ul style="list-style-type: none"> • 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. - personal hygiene • Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian <p>Physical Development</p> <ul style="list-style-type: none"> • Further develop the skills they need to manage the school day successfully: - lining up and queuing - mealtimes • Talk about members of their immediate family and community. • Name and describe people who are familiar to them. • Recognise that people have different beliefs and celebrate special times in different ways. <p>Understanding the World</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">ELG</p>	<p>ELG By the time children leave our EYFS they will be able to:</p> <p>Communication and Language Listening, Attention and Understanding</p> <ul style="list-style-type: none"> • Hold conversation when engaged in back-and-forth exchanges with their teachers and peers. <p>Speaking</p> <ul style="list-style-type: none"> • 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. <p>Personal, Social and Emotional Development Self-Regulation</p> <ul style="list-style-type: none"> • 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. <p>Managing Self</p> <ul style="list-style-type: none"> • 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.

Building Relationships

- 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. Physical Development Gross Motor Skills
- Negotiate space and obstacles safely, with consideration for themselves and others. Understanding the World Past and Present
- Talk about the lives of people around them and their roles in society.