



Streetsbrook Infant & Early Years Academy

PSHE Curriculum Overview

Reception PSHE Curriculum Overview

Term and theme	Lesson content
Autumn 1 Me and My Relationships	Within this topic the children will learn to talk about similarities and differences, name special people in their lives, describe different feelings, identify who can help them and ways to help themselves if they are sad or worried.
Autumn 2 Valuing Difference	Within this topic the children will learn be sensitive towards others and celebrate each other's uniqueness, to recognise that we all have things in common. They will develop speaking and listening skills to learn about the lives of their peers. They will also know the importance of showing care and kindness towards others and consider ways to demonstrate friendship and cooperation skills.
Spring 1 Keeping Myself Safe	Within this topic the children will learn to talk about how to keep their bodies happy and safe, name ways to stay safe around medicines, at home, in their classroom, outside and online and to name adults in their community who keep them safe.
Spring 2 Rights and Responsibilities	Within this topic the children will learn that they can make a difference, how to care for their home, school and special people and talk about how they can make an impact on the natural world. They will also identify similarities and differences between themselves and demonstrate friendship building skills.
Summer 1 Being My Best	Within this topic the children will explore how they can feel resilient and confident in their learning. They will also name and discuss different feelings and emotions; they will learn and use different strategies when approaching challenges and name and recognise healthy choices that keep us well.
Summer 2 Growing and Changing	Within this topic the children will learn about changes in nature and humans and about the different stages in childhood and growing up. In an age appropriate way, supported by the text 'There's a House Inside My Mummy' by Giles Andreae and Vanessa Cabban children will begin to understand that babies are made by a man and a woman and learn how babies grow and develop before birth. They will be introduced to the correct vocabulary when naming body parts and will begin to understand why this is important in keeping themselves safe.