



**PERSONAL SOCIAL AND HEALTH AND RELATIONSHIPS EDUCATION
FOREFIELD INFANT SCHOOL
Reception**

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Relationships & Mental Health	Keeping/Staying Healthy & Hazard Watch	Computer Safety	Being Responsible	Keeping/Staying Safe	Feelings and Emotions
Learning Intentions Ongoing	<p>Know to say please when requesting something and thank you when you receive something or when someone does something for you Work and play cooperatively and take turns with others Form positive attachments to adults and friendships with peers Show sensitivity to their own and to others needs</p>					
Learning Intentions	<p>To know families are important for children growing up because they can give love, security and stability.</p> <p>To know how important friendships are in making us feel happy and secure, and how people choose and make friends.</p> <p>To know who in school they should speak to if they are worried about something.</p>	<p>To know how to report concerns or abuse, and the vocabulary and confidence needed to do so.</p> <p>To know that we can help look after our own bodies.</p> <p>To know different people can help us e.g. doctors/ dentists etc.</p>	<p>To know that being outdoors and doing physical activity helps to keep us healthy and happy.</p> <p>To know that the Emergency Services help us.</p> <p>To know how to stay safe round different bodies of water-beach</p>	<p>To know that some foods should be eaten often, healthy foods and that some should not be, unhealthy foods</p>	<p>To be able to respond safely and appropriately to adults they may encounter whom they do not know. Discuss strangers.</p> <p>To talk about how to keep safe in the sun by staying hydrated.</p>	<p>To know that there is a normal range of emotions (e.g. happiness, anger)</p> <p>To know who in school they should speak to if they are worried about something.</p>
Knowledge Outcomes	<p>Know that 'families' can look different from their own family.</p> <p>Know that family members should keep</p>	<p>Know that if someone is upset or being hurt, it is important that you tell an adult</p>	<p>Know things that you are allowed to do and not allowed to do when using technology/ the internet.</p>	<p>Know that fruit and vegetables can be eaten often.</p> <p>Know that sugary foods should be eaten as a treat.</p>	<p>Know that a stranger is anyone they do not know including children.</p> <p>Know that you should never go</p>	<p>Know that jealous means you want something that someone else has.</p>



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	<p>you safe and give you love.</p> <p>Know that friends are people you choose to spend time with because they make you feel happy</p> <p>Know some of the things they do with their friends</p> <p>Know that you can be a good friend by asking others to play.</p> <p>Know that the Rainbow Room is a safe space within school and that all teachers will help if they are worried about something.</p>	<p>Know that there are different people who can help us e.g. dentists, doctors</p> <p>Know that we can help look after our own bodies e.g. washing hands, brushing teeth etc.</p>	<p>Name at least one trusted adult who can help them stay safe when using technology/ internet.</p> <p>Know some rules that have been using technology and why they are allowed/ not allowed to do something.</p> <p>Know what to do if they are worried or unsure online.</p> <p>Know that there are four emergency services, police, paramedics, fire officers and the coastguard.</p> <p>Know that at Crosby beach there is sinking sand so it is important to look for signs</p> <p>Know that at all beaches the tide (sea) can come in and out and that you should only swim in the sea under adult supervision.</p>		<p>anywhere with anyone you don't know.</p> <p>Know that when it is hot that you should stay hydrated.</p> <p>Know that some strangers are helpful and can help e.g. shop assistants, police officers etc.</p>	
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<p>1 decision focus</p>	<p>Blue Dilemma Drops- Red and Yellow are playing together. Blue would like to join in? (Relationships)</p> <p>Green Dilemma Drop- likes to play with the children in Y3. (Relationships)</p> <p>Red Dilemma Drops- Red fallen out with his brother- upset.</p> <p>Red Dilemma Drops- nobody playing with Red what could he do?</p> <p>Yellow Dilemma Drops- playing on the school tablet – won't let her friend have a go.</p> <p>Pink Misses Mummy- Separation anxiety</p>	<p>Green's Greens Story- taking care of physical and mental health</p> <p>Purple is Poorly Story- medicines</p> <p>Red Visits the Dentist Story- dental/ oral health</p> <p>Yellow Learns about Germs Story- handwashing</p>	<p>Pink's Screen Time Story Computer Safety</p> <p>Additionally Project Evolve Health, Wellbeing and Lifestyle</p>	<p>Yellow Dilemma Drops- Yellow keeps hearing Red say mean things to Green.</p>	<p>Blue Dilemma Drop- lost at the shopping centre</p> <p>Blue Dilemma Drop- Blue is playing tennis and ball goes into the road.</p> <p>Pink Dilemma Drop- Pink at park with friends. Stranger asks for help to look for dog.</p> <p>Blue Explores Road Safety Story</p>	<p>Green Moves up a year- starting school talking game</p> <p>Blue Dilemma Drop- Blue feels jealous because Purple has made a new friend.</p> <p>Green Dilemma Drop- worried about joining dance class.</p> <p>Purple Dilemma Drops- not invited to Blue's party? Jealousy.</p> <p>Rainbow Dilemma Drops- moving house (transition)</p> <p>Blue's Best Friend Story</p>
<p>Forefield Breadth of Curriculum</p>	<p>Celebrating our differences</p> <p>Making new friends</p> <p>Class and School Rules</p> <p>Family</p>	<p>Learning and celebrating different cultures from around the world</p>	<p>Staying safe</p> <p>Looking after each other</p> <p>Internet safety week</p> <p>Beach- discuss water safety</p>	<p>Behaviour and consequences- making choices</p> <p>Personal choices</p>	<p>Looking after our world and everything in it</p> <p>Kidscape- feeling happy, feeling safe, getting lost, saying no, touching</p> <p>Emergency services</p> <p>Sun safety</p>	<p>Making relationships</p> <p>Transition to new class</p>



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<p>ELG Goals Early Adopter</p>	<p>Work and play cooperatively and take turns with others.</p> <p>Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs.</p> <p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly</p> <p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly</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>Explain the reasons for rules, know right from wrong and try to behave accordingly</p>	<p>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.</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 basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p>	<p>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</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>Work and play cooperatively and take turns with others</p> <p>Form positive attachments to adults and friendships with peers</p>
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