

# PSHE Long Term Overview- Reception

<b>Reception</b>	<b>Autumn 1</b>
	<b>Being Me In My World</b>
	<u>Termly Objectives:</u> <ul style="list-style-type: none"> <li>• I understand how it feels to belong and that we are similar and different.</li> <li>• I can start to recognise and manage my feelings.</li> <li>• I enjoy working with others to make school a good place to be.</li> <li>• I understand why it is good to be kind and use gentle hands.</li> <li>• I am starting to understand children's rights and this means we should all be allowed to learn and play.</li> <li>• I am learning what being responsible means.</li> </ul>
	<b>Autumn 2</b>
	<b>Celebrating Differences</b>
	<u>Termly Objectives:</u> <ul style="list-style-type: none"> <li>• I can identify something I am good at and understand that everyone is good at different things.</li> <li>• I understand that being different makes us all special.</li> <li>• I know we are all different but the same in some ways.</li> <li>• I can tell you why I think my home is special to me.</li> <li>• I can tell you how to be a kind friend.</li> <li>• I know which words to use to stand up for myself when someone says or does something unkind.</li> </ul>
<b>Spring 1</b>	
<b>Dreams and Goals</b>	
<u>Termly Objectives:</u> <ul style="list-style-type: none"> <li>• I understand that if I persevere I can tackle challenges.</li> <li>• I can tell you about a time I did not give up until I achieved my goal.</li> <li>• I can set a goal and work towards it.</li> <li>• I can use kind words to encourage people.</li> <li>• I understand the link between what I learn now and the job I might like to do when I am older.</li> <li>• I can say how I feel when I achieve a goal and know what it means to feel proud.</li> </ul>	



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Reception	Spring 2
	<p data-bbox="1144 357 1317 389"><b>Healthy Me</b></p> <p data-bbox="331 400 600 432"><u>Termly Objectives:</u></p> <p data-bbox="331 440 1193 472">I understand that I need to exercise to keep my body healthy.</p> <p data-bbox="331 480 1144 512">I understand how moving and resting are good for my body.</p> <p data-bbox="331 520 1529 552">I know which foods are healthy and not so healthy and can make healthy eating choices.</p> <p data-bbox="331 560 1417 592">I know how to help myself go to sleep and understand why sleep is good for me.</p> <p data-bbox="331 600 1995 632">I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.</p> <p data-bbox="331 639 1373 671">I know what a stranger is and how to stay safe if a stranger approaches me.</p> <p data-bbox="1137 715 1323 746"><b>Summer 1</b></p> <p data-bbox="1137 772 1323 804"><b>Changing Me</b></p> <p data-bbox="331 815 600 847"><u>Termly Objectives:</u></p> <p data-bbox="331 855 1391 887">I can identify some of the jobs I do in my family and how I feel like I belong.</p> <p data-bbox="331 895 1189 927">I know how to make friends to stop myself from feeling lonely.</p> <p data-bbox="331 935 1081 967">I can think of ways to solve problems and stay friends.</p> <p data-bbox="331 975 1104 1007">I am starting to understand the impact of unkind words.</p> <p data-bbox="331 1015 981 1046">I can use 'Calm Me' time to manage my feelings.</p> <p data-bbox="331 1054 768 1086">I know how to be a good friend.</p> <p data-bbox="1137 1114 1323 1145"><b>Summer 2</b></p> <p data-bbox="1137 1171 1323 1203"><b>Relationships</b></p> <p data-bbox="331 1214 600 1246"><u>Termly Objectives:</u></p> <p data-bbox="331 1254 741 1286">I can name parts of the body.</p> <p data-bbox="331 1294 1279 1326">I can tell you some things I can do and foods I can eat to be healthy.</p> <p data-bbox="331 1334 1055 1366">I understand that we all grow from babies to adults.</p> <p data-bbox="331 1374 992 1406">I can express how I feel about moving to Year 1.</p> <p data-bbox="331 1414 1592 1445">I can talk about my worries and/or the things I am looking forward to about being in Year 1.</p> <p data-bbox="331 1453 1256 1485">I can share my memories of the best bits of this year in Reception.</p>

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