



# RSHE Curriculum

Nursery						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	All about Me and Autumn	Traditional Tales	Vehicles, materials and people who help us	Growing and Changing	Under the Sea, holidays and pirates	Animals and Habitats
	<ul style="list-style-type: none"> <li>✓ I can share my likes and dislikes with my friends and adults in their classroom</li> <li>✓ I can name the different features of their face and parts of their body</li> <li>✓ I can use my senses to explore the world around them</li> <li>✓ I can speak positively about myself</li> <li>✓ I can name different feelings and possible causes</li> <li>✓ I can name some key adults who can help me when feeling sad/worried/scared</li> <li>✓ I can talk about my family and special people</li> <li>✓ I can name those who care for them and keep them safe</li> <li>✓ I can explain how people might feel if they find something hard</li> <li>✓ I can suggest ways to encourage others to keep going</li> <li>✓ I can communicate with others by sharing with and listening to each other's ideas</li> <li>✓ I can talk about the similarities and differences amongst my peers</li> <li>✓ I can talk about the things they and their friends are good at</li> <li>✓ I can recognise the differences within and amongst families</li> <li>✓ I can show kindness by including my friends</li> <li>✓ I can talk about how to help those who are in need</li> <li>✓ I can talk about how healthy food and keeping clean can help our bodies</li> <li>✓ I can name some healthy foods</li> <li>✓ I can name some activities that I can do to help out at home</li> <li>✓ I can talk about how I can look after other members of my family and friends</li> <li>✓ I can show care and responsibility for my home and learning environments</li> <li>✓ I can talk about what is special within the natural world</li> <li>✓ I can name some ways in which they can help my world</li> </ul>					
Vocab	special, choose, friends, head, arms, legs, eyes, ears, nose, mouth, teeth, hands, fingers, feet, toes, knees, elbows, food, water, exercise, keep trying, sleep, get better, energy, family, sharing, helping, friend, feelings, healthy snacks, sugar, care, germs, clean, fruit, vegetables					



# RSHE Curriculum

Reception						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	My World	Celebrations	The world around me	Growing and Changing	Under the Sea	Animals and Habitats
	<ul style="list-style-type: none"> <li>✓ I know that it is important to talk about my feelings (explore base feelings – scared, happy, sad, tired, hungry)</li> <li>✓ I can demonstrate friendly behaviour, initiating conversations and form good relationships with friends and familiar adults.</li> <li>✓ I know which words to use to describe my feelings</li> <li>✓ I start conversations, attend to and take account of what others say.</li> <li>✓ I know how I am unique and can say how</li> <li>✓ I can name people that can help me both inside and outside of school</li> <li>✓ I know what makes a healthy lifestyle (food, drink and exercise)</li> <li>✓ I can understand that having differences between us is a good thing</li> </ul>	<ul style="list-style-type: none"> <li>✓ I know that it is important to talk about my feelings</li> <li>✓ I can recognise my emotions and other's emotions (Introduce Zones of Regulation and link to base feelings from Autumn 1)</li> <li>✓ I can show sensitivity to my own and others' needs</li> <li>✓ I know that I need to think about other people's feelings and show kindness</li> <li>✓ I know what makes me happy and I can celebrate my strengths</li> </ul>	<ul style="list-style-type: none"> <li>✓ I can recognise my emotions and other's emotions (explore further feelings linked to the different zones – worried, frightened etc)</li> <li>✓ I can explain my own knowledge and understanding, and ask questions of others</li> <li>✓ I can take steps to resolve conflicts with others, e.g. finding a compromise. <b>(Team work tiger)</b>,</li> <li>✓ I can play in a group, extending and elaborating play ideas, e.g. building up a role-play activity with other children. <b>(Team work tiger, Join in Jellyfish)</b></li> <li>✓ I can co-operate and take turns with others <b>(Team work tiger, Join in Jellyfish)</b></li> <li>✓ I can form positive attachments to adults, friendships and peers <b>(Team work tiger)</b></li> <li>✓ I can play and work cooperatively</li> </ul>	<ul style="list-style-type: none"> <li>✓ I know what makes a healthy lifestyle (food, drink and exercise)</li> <li>✓ I understand the importance of a healthy diet</li> <li>✓ I understand the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</li> <li>✓ I can explore activities that I wouldn't normally try, pushing the boundaries of my comfort zone <b>(Have a go flamingo)</b></li> </ul>	<ul style="list-style-type: none"> <li>✓ I can express a simple opinion</li> <li>✓ I understand the importance of physical and mental health</li> <li>✓ I know what information to keep private</li> </ul>	<ul style="list-style-type: none"> <li>✓ I can respectfully ask questions and listen to answers</li> <li>✓ I can listen to other people and show them respect</li> <li>✓ I can identify positive memories about reception</li> </ul>
Key Experiences	Starting full-time school	Nativity performance				Y1 Transition
Vocab	frustrated, obstacles, determined, fault, my fault, not my fault, responsibility, changes, fair/unfair, belong, welcome, calm down, set a goal, problem, solve, uncomfortable, comfortable, worried, nervous, sad/happy, safe, secure, zones of regulation, blue zone, green zone, yellow zone, red zone, choices, thinking, feelings, emotions, sharing, team work tiger, persevering peacock, independent polar bear, have a go flamingo, join in jelly fish, healthy, unhealthy, exercise					