



Whitefield Infant School and Nursery
PSHE Scheme of Learning



Our P.S.H.E, Health Education and Relationship Education Curriculum



EYFS Development Matters- PSED (PSHE)

EYFS Development Matters

Personal, Social, Emotional Development (PSED): Self-regulation, Managing self, Building relationships
(Also links with Understanding the World)

Link to National Curriculum

PSHE

PRE 3	3&4	4 +	ELG's
- Play with increasing confidence on their own and with other children, because they know their key person is nearby and available. - Feel strong enough to express a range of emotions. - Grow in independence, rejecting help ("me do it"). Sometimes this leads to feelings of frustration and tantrums. - Be increasingly able to talk about and manage their emotions. - Develop friendships with other children.	- Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. - Develop their sense of responsibility and membership of a community. - Increasingly follow rules, understanding why they are important. Remember rules without needing an adult to remind them - Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. - Become more outgoing with unfamiliar people, in the safe context of their setting. Show more confidence in new social situations. - Play with one or more other children, extending and elaborating play ideas. - Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. - Develop appropriate ways of being assertive. Talk with others to solve conflicts. - Understand gradually how others might be feeling.	- See themselves as a valuable individual. - Identify and moderate their own feelings socially and emotionally. - Manage their own needs. - Express their feelings and consider the feelings of others - Show resilience and perseverance in the face of challenge. - Build constructive and respectful relationships. - Think about the perspectives of others.	Children at the expected level of development will: - 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. - 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. - 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.

Reception- Autumn 1 PSHE (PSHE)

Prior Knowledge:

Nursery: In Nursery children will have talked about their feelings and been able to name some simple feelings. They will have built relationships with their key worker and peers.

EYFS Development Matters:

PSED: Health and well-being, Self-regulation, Managing self, Building relationships

Vital Vocabulary:

Healthy lifestyles, healthy eating, feelings, collective worship, reflection, peers, teachers, school, routines, rules, key worker, celebrations, respect, responsibility

Texts to support:

My world, your world- Melanie Walsh
We are family- Patricia Hegarty
Same but different- Karl Newson

Learning Opportunities:

Ongoing in Reception

- Children will be taught about healthy lifestyles through weekly PE sessions and daily lunch choices.
- Collective worship, discussion time and general day to day classroom life ensures that children feel they can talk to an adult if something is worrying them.
- We have an open door policy for parents and carers to discuss any worries they may have about their child.
- We offer times during the day for quiet reflection and all adults use positive behaviour management strategies.
- Children will take part in daily collective worship.

During this half term:

- Children will be settling into school, getting to know the staff, the environment and daily routines.
- They will begin to form friendships and learn to play alongside other children.
- Children will build a relationship with their key worker.
- They will develop rules for their classroom and learn to share.
- They will take part in simple celebrations and start to learn about different religions and the special people and artefacts that are associated with them.
- They will develop the skills needed to separate from parent/carer with support.
- Children will learn about our school values this half term of respect and responsibility. They will be encouraged to use good manners and take responsibility for jobs around the class.

End Points: The children will settle into the routines of school life and build relationships with their key worker and peers.



Reception- Autumn 2
PSED (PSHE)

Prior Knowledge:

Nursery: In Nursery children will have talked about their feelings and been able to name some simple feelings. They will have built relationships with their key worker and peers.

EYFS Development Matters:

PSED: Health and well-being, Self-regulation, Managing self, Building relationships

Vital Vocabulary:

Healthy lifestyles, healthy eating, feelings, collective worship, reflection, celebrations, religions, cultures, friendships, choices, kindness, diversity

Texts to support:

Chapatti Moon- Pippa Goodhart
The best birthday present ever- Ben Mantle
Welcome to our world- Moira Butterfield

Learning Opportunities:

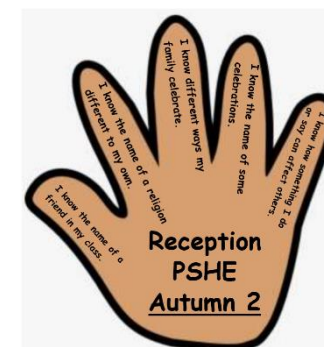
Ongoing in Reception

- Children will be taught about healthy lifestyles through weekly PE sessions and daily lunch choices.
- Collective worship, discussion time and general day to day classroom life ensures that children feel they can talk to an adult if something is worrying them.
- We have an open door policy for parents and carers to discuss any worries they may have about their child.
- We offer times during the day for quiet reflection and all adults use positive behaviour management strategies.
- Children will take part in daily collective worship.

During this half term:

- Children will be developing friendships, learning to be more co-operative and begin to reflect on how their actions affect others.
- They will take part in simple celebrations.
- They will talk about different religious and family celebrations.
- They will be finding out about other cultures/ religions and celebrations.
- They will begin to develop their understanding of what it means to make a choice and how some choices are better than others.
- Children will learn about our school values this half term of kindness and diversity. They will talk about respecting each other's differences and carrying out acts of kindness.

End Points: Children will learn about different ways people celebrate and will show respect for different religions and cultures.



Reception- Spring 1
PSED (PSHE)

Prior Knowledge:

Nursery: In Nursery children will have talked about their feelings and been able to name some simple feelings. They will have built relationships with their key worker and peers.

EYFS Development Matters:

PSED: Health and well-being, Self-regulation, Managing self, Building relationships

Vital Vocabulary:

Healthy lifestyles, healthy eating, feelings, collective worship, reflection, friendship, celebrations, religions, cultures, similarities, differences, diversity, choices, loyalty, teamwork

Texts to support:

The great race- Dawn Casey
Chinese new year texts
Selection of penguin books- Salina Yoon

Learning Opportunities:

Ongoing in Reception

- Children will be taught about healthy lifestyles through weekly PE sessions and daily lunch choices.
- Collective worship, discussion time and general day to day classroom life ensures that children feel they can talk to an adult if something is worrying them.
- We have an open door policy for parents and carers to discuss any worries they may have about their child.
- We offer times during the day for quiet reflection and all adults use positive behaviour management strategies.
- Children will take part in daily collective worship.

During this half term:

- Children will be continuing to develop friendships and learn to help others.
- They will take part in celebrations and develop their knowledge of different religions e.g Chinese New Year.
- They will look at similarities and differences between different cultures.
- They will begin to understand what a choice is and how to make choices.
- They will develop an understanding of values and reflect on how their actions can affect others.
- Children will learn about friendships based on the Penguin books - using the characters to emphasise the need for friendships and respectful relationships.
- Children will learn about our school values this half term of loyalty and teamwork.

End Points: Children will learn about different ways people celebrate and will show respect for different religions and cultures. They will be able to talk about some similarities and differences between cultures and compare them to their own experiences.



Reception- Spring 2
PSED (PSHE)

Prior Knowledge:

Nursery: In Nursery children will have talked about their feelings and been able to name some simple feelings. They will have built relationships with their key worker and peers.

EYFS Development Matters:

PSED: Health and well-being, Self-regulation, Managing self, Building relationships

Vital Vocabulary:

Healthy lifestyles, healthy eating, feelings, collective worship, reflection, responsibility, morals, values, experiences, celebrations, traditions, festivals, right, wrong, actions, honesty, forgiveness

Texts to support:

Goldilocks and the three bears
The gingerbread man

Learning Opportunities:

Ongoing in Reception

- Children will be taught about healthy lifestyles through weekly PE sessions and daily lunch choices.
- Collective worship, discussion time and general day to day classroom life ensures that children feel they can talk to an adult if something is worrying them.
- We have an open door policy for parents and carers to discuss any worries they may have about their child.
- We offer times during the day for quiet reflection and all adults use positive behaviour management strategies.
- Children will take part in daily collective worship.

During this half term:

- The children will be given more responsibility within the classroom and outside areas.
- They will develop their sense of right and wrong resulting in development of simple morals.
- Children will become aware of things they are good at and how to improve their abilities.
- They will talk about family customs and their own experiences with celebrations.
- They will take part in simple celebrations and develop their knowledge of different religions and festivals e.g Easter.
- Using their core text, Goldilocks, children will discuss her actions and talk about how her actions affected the three bears.
- Children will learn about our school values this half term of honesty and forgiveness.

End Points: Children will understand how their actions can affect others and make good choices based on this.



Reception- Summer 1

PSED (PSHE)

Prior Knowledge:

Nursery: In Nursery children will have talked about their feelings and been able to name some simple feelings. They will have built relationships with their key worker and peers.

EYFS Development Matters:

PSED: Health and well-being, Self-regulation, Managing self, Building relationships

Vital Vocabulary:

Healthy lifestyles, healthy eating, feelings, collective worship, reflection, concentration, determination, feelings, caring, responsibility, environment, living things, plants, effort

Texts to support:

Jack and the beanstalk
Non-fiction texts related to growth, plants and living things

Learning Opportunities:

Ongoing in Reception

- Children will be taught about healthy lifestyles through weekly PE sessions and daily lunch choices.
- Collective worship, discussion time and general day to day classroom life ensures that children feel they can talk to an adult if something is worrying them.
- We have an open door policy for parents and carers to discuss any worries they may have about their child.
- We offer times during the day for quiet reflection and all adults use positive behaviour management strategies.
- Children will take part in daily collective worship.

During this half term:

- Children will be further developing their understanding of what it means to make a choice and how some choices are better than others.
- They will be also be developing 'staying power' alongside concentration and determination.
- They will be given more opportunities to express and talk about their feelings.
- They will learn about the importance of caring for living things e.g growing plants. They will think about their responsibility in our school environment to care for living things.
- They will have chances to talk about and develop their own sense of self-worth.
- They will take part in simple celebrations and start to learn about different religions and the special people and artefacts that are associated with them e.g Eid.
- Children will learn about our school values this half term of effort and determination.

End Points: Children will understand how to care for things in the environment, such as plants and animals. They will show care for things in our school gardens.



Reception- Summer 2
PSED (PSHE)

Prior Knowledge:

Nursery: In Nursery children will have talked about their feelings and been able to name some simple feelings. They will have built relationships with their key worker and peers.

EYFS Development Matters:

PSED: Health and well-being, Self-regulation, Managing self, Building relationships

Vital Vocabulary:

Healthy lifestyles, healthy eating, feelings, collective worship, reflection, transition, preparation, memories, likes, dislikes, relationships, achievements, courage

Texts to support:

The same but different- Karl Newson
Incredible You- Rhys Brisenden

Learning Opportunities:

Ongoing in Reception

- Children will be taught about healthy lifestyles through weekly PE sessions and daily lunch choices.
- Collective worship, discussion time and general day to day classroom life ensures that children feel they can talk to an adult if something is worrying them.
- We have an open door policy for parents and carers to discuss any worries they may have about their child.
- We offer times during the day for quiet reflection and all adults use positive behaviour management strategies.
- Children will take part in daily collective worship.

During this half term:

- Children will be encouraged to concentrate on tasks for longer and to be more independent in and out of the classroom in preparation for Year 1
- They will have opportunities to become sensitive to differences between themselves and others, their likes and dislikes, things they can do or can't do and how we can celebrate these differences.
- They will meet their new class teacher and build relationships with the staff team. In class the children will be encouraged to work as a team and stick together in order to progress in their new class.
- Children will have time for reflection of achievements in Reception.
- They will talk about their feelings in relation to transition to Year 1.
- Children will learn about the school value of courage.

End Points: Children will talk about their achievements and memories in Reception. They will share their feelings about transition and prepare to move to Year 1.

