**Overview of PSHE Content- Reception**

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|  | **Autumn 1****Keeping Safe**  | **Autumn 2****Living in the Wider World**  | **Spring 1** **Mental & Emotional Health**  | **Spring 2****No Outsiders****Equality Act 2010** | **Summer 2****Relationship and Sex Education****(Ten:Ten**) | **Summer 1****Healthy Lifestyles****(IMatter)**  |
| Reception | Getting to know one another. Rules, routines and boundaries. Making friends. Building confidence. Introduction to key groups and key workers. | Children will explore persistence, kindness, helping one another, problem solving and working as a team. Continue to reinforce rules and boundaries and introduce monitor roles.  | Initiating conversation, friendships and extending play ideas. Build up role play with other children. Reinforce good choices, sharing and caring. | **1) The family Book by Todd Parr**To understand that all families are different. **2) You Choose by Nick Sharratt & Pippa Goodheart**To say what I think**3) Blue Chameleon by Emily Gravett** To be friends with someone who may be different  | **1) Head, Shoulders, Knees and Toes** To learn that their bodies are good and made by God-The names of the parts of the body (non-genitalia)**2) Ready Teddy?**Children will learn what constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene**3) I like, you like, we all like**To learn that we all have different ‘tastes’ (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)**4) Good Feelings, Bad Feelings**To develop language to describe their feelings5) Growing UpTo learn that there are natural life stages from birth to death, and what these are | Look how we have grown: children will discuss what they were like at the beginning of the year and how they have changed. What can they do now that they couldn’t do before? Children to lead the key worker groups and discuss the changes they have seen. |