

Welbeck Primary School
PSHE & RSHE Curriculum – September 2021



Reception

Reception – Pupils are given the opportunity to learn:	Reception – ‘I can’ statements
<p>Families and people who care for me</p> <ul style="list-style-type: none"> • What a family is (RE1) • Identify who is in their family (RE3) 	<p>Families and people who care for me</p> <ul style="list-style-type: none"> • I understand what a family is and can explain to others (RE1) • I can describe my own family (RE3) • I can describe the families of my friends (RE3)
<p>Caring friendships</p> <ul style="list-style-type: none"> • what friendship is (RE7, RE8) • what makes a good friend (RE8) 	<p>Caring friendships</p> <ul style="list-style-type: none"> • I can say what friendship means (RE7, RE8) • I know what makes a good and bad friend (RE8)
<p>Respectful relationships</p> <ul style="list-style-type: none"> • why it is important to use good manners and be courteous to others (RE17) • how we can show good manners and courtesy to others (RE17) • what a relationship is (RE13) 	<p>Respectful relationships</p> <ul style="list-style-type: none"> • I can explain what a relationship is (RE13) • I know why good manners are important (RE17) • I can demonstrate good manners (RE17)
<p>Online relationships</p> <ul style="list-style-type: none"> • About basic rules for keeping safe online (RE22) 	<p>Online relationships</p> <ul style="list-style-type: none"> • I know some basic safety rules for keeping safe online (RE1)
<p>Being safe</p> <ul style="list-style-type: none"> • identify the feelings of being unsafe (RE29) • be able to describe feelings of being unsafe and seek help from an appropriate grown-up (RE30) • know about school rules regarding safety, including what kind of touch is appropriate (RE25, RE27) 	<p>Being safe</p> <ul style="list-style-type: none"> • I know what happens in my body and mind when I feel unsafe (RE29) • I can describe feelings of being unsafe (RE29) • I can identify who I could tell if I feel unsafe (RE30)
<p>Mental wellbeing</p> <ul style="list-style-type: none"> • Identify a simple range of feelings in themselves and others (HE3) • know who to go to if they need help with how they are feeling (HE9) 	<p>Mental wellbeing</p> <ul style="list-style-type: none"> • I can identify a simple range of feelings in myself and others, e.g. happiness, sadness, anger, fear (HE3) • I know who to talk to if I need help with my feelings (HE9)
<p>Internet safety and harms</p> <ul style="list-style-type: none"> • know about how the internet is useful and the ways that it can be used (HE11) • basic safety rules for using the internet in school and at home (HE13) 	<p>Internet safety and harms</p> <ul style="list-style-type: none"> • I can describe some ways to use the internet and how it is useful (HE11) • I know some basic safety rules for using the internet in school and at home (HE13)
<p>Physical health and fitness</p> <ul style="list-style-type: none"> • That their bodies are special and they can do lots of things to keep themselves healthy, including being active (HE18) 	<p>Physical health and fitness</p> <ul style="list-style-type: none"> • I understand how special my body is (HE18) • I know that there are lots of things I can do to keep my body healthy (HE18)

Healthy eating <ul style="list-style-type: none"> recognise a variety of fruits and vegetables (HE22) understand why eating fruit and vegetables every day is important (HE22) 	Healthy eating <ul style="list-style-type: none"> I can identify a range of fruits and vegetables (HE22) I understand that fruits and vegetables are one thing I can eat to keep my body healthy (HE22)
Drugs, alcohol and tobacco <ul style="list-style-type: none"> what medicines are and why they are useful (HE25) awareness of simple rules about medicines (HE25) 	Drugs, alcohol and tobacco <ul style="list-style-type: none"> I understand what medicines are and why they are useful (HE25) I can describe some basic safety rules about medicines (HE25)
Health and prevention <ul style="list-style-type: none"> how to wash their hands properly and why this is important (HE30) 	Health and prevention <ul style="list-style-type: none"> I know why it is important to wash my hands well (HE30) I can demonstrate how to wash my hands well (HE30)
Basic first aid <ul style="list-style-type: none"> When and how to seek help from an appropriate person if they or someone they know hurts themselves (HE33) 	Basic first aid <ul style="list-style-type: none"> I know when and how to seek help if myself or someone I know hurts themselves (HE33)
Changing adolescent body N/A	Changing adolescent body N/A
Sex education N/A	Sex education N/A

Reception – Pupils are given the opportunity to learn:	Reception – ‘I can’ statements
Becoming an active citizen <ul style="list-style-type: none"> how to take part in a class discussion using good listening and turn-taking how to express their views about a topic how to listen well to others 	Becoming an active citizen <ul style="list-style-type: none"> I can take part in a class discussion using good listening and turn-taking I can share my views about a topic I can show good listening
Moving on <ul style="list-style-type: none"> identify and celebrate positive achievements during their time in Reception explain their feelings about moving to year 1, what they are worried about and what they are looking forward to what to expect when they start Year 1 	Moving on <ul style="list-style-type: none"> I can identify and celebrate my achievements in reception I can explain how I feel about moving to year 1, what I am worried about and what I am looking forward to I know what to expect in year 1
Finance <ul style="list-style-type: none"> Know that you can exchange money for products in shops and online 	Finance <ul style="list-style-type: none"> I know that money can be exchanged for products in shops