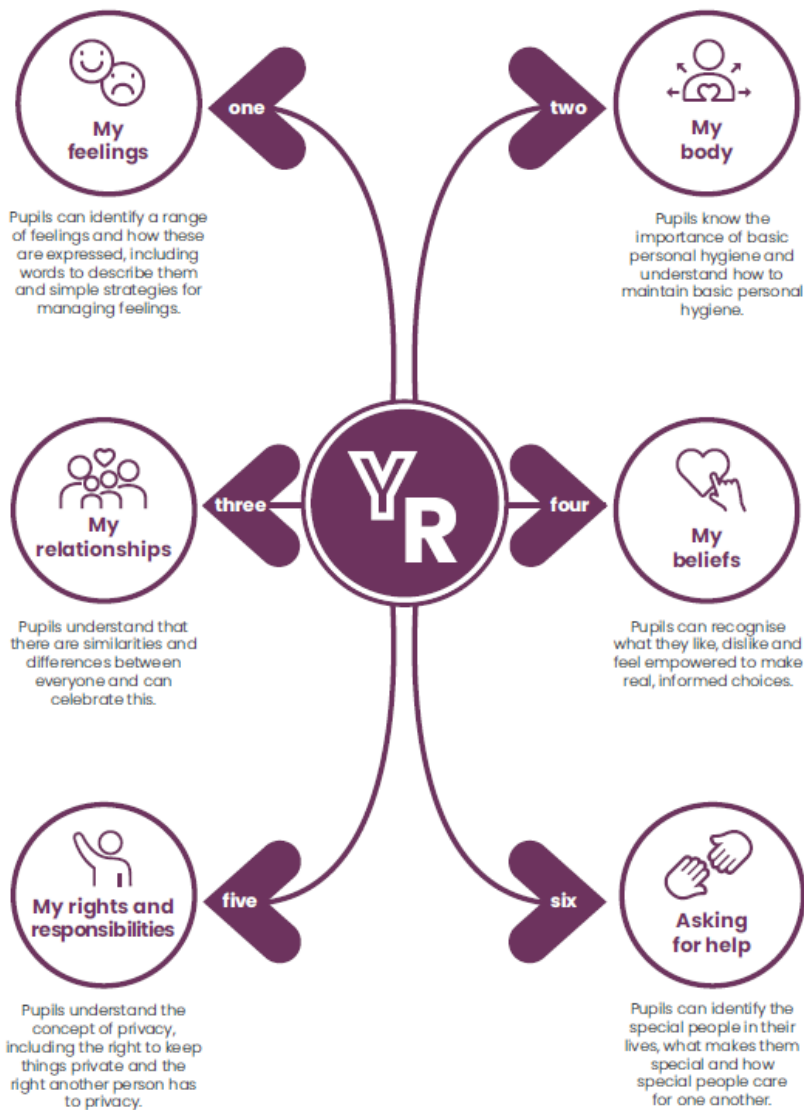




## RSHE in Reception



### Key Vocabulary

feelings  
comfortable  
uncomfortable  
hygiene  
same  
similar  
different  
like  
dislike  
private  
special

Scheme of work  
YR



## RSHE in Reception

### Lesson one: My feelings



#### Lesson aim:

Pupils can identify a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings.



#### Learning outcomes:

- I can identify comfortable and uncomfortable feelings
- I can describe my feelings
- I can manage uncomfortable feelings

### Lesson two: My body



#### Lesson aim:

Pupils know the importance of basic personal hygiene and understand how to maintain basic personal hygiene.



#### Learning outcomes:

- I can identify ways to keep clean
- I know when it is important to wash my hands
- I know how to wash my hands

### Lesson three: My relationships



#### Lesson aim:

Pupils understand that there are similarities and differences between everyone and can celebrate this.



#### Learning outcomes:

- I know that there are some ways that people can be the same as each other
- I know that there are some ways that people can be different to each other
- I know that everyone should be OK to be themselves



## RSHE in Reception

### Lesson four: My beliefs



#### Lesson aim:

Pupils can recognise what they like and dislike and feel empowered to make real, informed choices.



#### Learning outcomes:

- I have thought about things that I like
- I have thought about things that I dislike
- I have considered how to make a difficult choice, listening to other people's opinions

### Lesson five: My rights and responsibilities



#### Lesson aim:

Pupils understand the concept of privacy, including the right to keep things private and the importance of respecting another person's right to privacy.



#### Learning outcomes:

- I know what private means
- I know that some things are done in private
- I know that other people need to be private sometimes

### Lesson six: Asking for help



#### Lesson aim:

Pupils can identify the special people in their lives, what makes them special and how special people care for one another.



#### Learning outcomes:

- I know the people that are special to me
- I know what makes people special to each other
- I know how special people look after each other