



Manor Drive Primary Academy
PSHE Curriculum
Reception

Block One

PSHE: Reception

Relationships: Respecting Self and Others

Manners and school rules

Behaviour

Focus on school rules and school manners

- Classroom
- Dining Room
- Corridors

Knowledge

Respect - to consider the feelings, wishes or rights of others.

Kindness - Being friendly, generous and considerate.

Listening - giving attention to a sound

Behaviour.

How to treat others:

- What makes a good friend:
 - Respecting others
 - Listening
 - Being kind

Key questions:

1. How do we sit in class?
2. How do we ask a question?
3. How do we behave in the dinner hall?

PSHE; Reception

Health and Wellbeing - Physical and Mental Health

Healthy Lifestyles

What is being healthy?

- What foods do you like and dislike?
- Foods that keep us healthy.
- Being active

Knowledge

Hygiene - the process of keeping our body clean and healthy

Balanced diet - eating a variety of foods.

Healthy Lifestyles

Importance of health routines

- Sleep
- Cleaning Teeth
- Cleans hands after going to the toilet
- Clean underwear

Demonstrate brushing teeth using mouth and toothbrush. Discuss use of tissues etc - showing spread of germs through flour (shake hands or sneeze flour over children).

Quiz questions:

1. What are healthy foods?
2. How long should we brush our teeth for?
3. When should we brush our teeth?
4. How much sleep do you need?

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British Values and Living in the Wider World: Belonging to a community

Who and what is our community

What is our local environment?

- Classroom
- School
- Home
- Street they live
- The park

Knowledge

Environment - the area where something or someone lives, works and plays.

Looking after our community (environment)

What is our local environment?

- Classroom
- School
- Home
- Street they live
- The park

Questions to consider for children:

1. What is a community?
2. How can we look after our community and environment?
3. What can we do to help?

Block Two

PSHE- Reception

Relationships - Safe Relationships

Keeping Safe

Who keeps us safe:

- How to keep safe at school
- Identify adults who can keep them safe at school
- How keeps us safe at home

Knowledge

Rules - a guide for conduct or action e.g To play this game, you need to follow the **rules**

Safety - safety means the process of taking actions to ensure we do not get hurt physically or emotionally.

Keeping Safe

- Who looks after us in different places? - school, home etc
- Who do we talk to if we don't feel safe

Possible Retrieval Quiz questions:

1. Who is a trusted adult?
2. How can we keep safe at school?
3. How can we keep safe at home?
4. What is meant by the word safety?

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Health and Wellbeing: Growing and Changing

Growing and Changing

Becoming more independent

- Starting school.
- Being responsible and expectations
- Differences between school and nursery.

Knowledge:

Goals - a target that we want to achieve

Independence - being responsible for your own actions

Growing and Changing

New achievements:

- Independence; new skills
- Discuss goals and why it's important to have them.

Quiz questions:

1. What is being independent?
2. What new skills have children learned?
3. What is different now I am at school?

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Living in the Wider World - Media Literacy & Digital Resilience

What is the internet (online)

- What is the internet?
- Where do you use it? e.g. parents iPhone, ipads, tablets,
- What do children watch on devices?
- What games do they play?
- Importance of limited time and educational games.

Knowledge

The internet

Internet rules

- Limited time.
- Not clicking on ads and links.
- Tell a parent or adult if you see something that makes them feel scared or worried.
- Remind parents to set security settings

Key questions:

1. What to do if you see something that worries you?
2. What can you do to keep safe?
3. How much time should you spend on the internet?

Block Three

PSHE; Reception

Relationships: Friends and Family

What is a family

Identify the people that love and care for us:

- The people you live with
- Your parents and carers
- Grandparents
- The people who love you
- People in a different country

It is important to tell someone if something about their family makes them unhappy or worried.

Knowledge

Who are our families:

In the classroom, who are our families, what do our families look like?

- Children to draw their family
- Family names - surname (*identity*)
- Share and discuss

It is important to tell someone if something about their family makes them unhappy or worried.

Quiz questions:

What is a family?
Who are in my family?
What is my family name?

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Health and Wellbeing -Keeping Safe

What is safety .

Importance of rules and how they keep us safe.

Rules at Manor Drive Primary Academy and keeping safe (road crossing, playground etc)

Practice crossing the road.

Knowledge

Safety on streets and at home

Keeping safe outside of school: e.g.

- Crossing roads
- Walking to school
- Wearing seat belts
- Using scooters
- Matches & lighters
- Electrics

Key questions:

1. What are the rules of crossing the road?
2. When do wear a seat belt?

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Living in the Wider World : Money and Work

What is a job? (employment)

What is a job?

What jobs do our parents (or other people we know) do?

Why do people go to work?

Knowledge

Jobs in our community

What jobs can you see in the community?

What jobs can you see in school?

How do they help us?

Key questions:

1. What is a job?
2. What jobs are in our community?
3. What different jobs can people do?

Block Four

PSHE: Reception

Relationships: Respecting Self and Others

Behaviour

- How people make friends
- What makes a good friend?

Knowledge

Respect - to consider the feelings, wishes or rights of others.

Kindness - Being friendly, generous and considerate.

Listening - giving attention to a sound

Behaviour.

Treating ourselves and others with kindness and respect:

- Listening to each other.
- Playground game and kindness
- What to do if someone is upset or feels lonely
- Turn taking

Key questions:

1. How do we sit in class?
2. How do we ask a question?
3. How do we behave in the dinner hall?

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Health and Wellbeing -Keeping Safe

Feelings and Emotions.

What are feelings and emotions

- What feelings and emotions; how many do the children know?
- When do they feel these emotions; during lesson? At home? Play time?
- The importance of talking about emotions and how we feel.

Knowledge

Feelings - an emotion or reaction

Emotions - a strong feeling from something that has happened

Feelings and Emotions.

Recognise how others are feeling and sharing our own feelings

- Examples of different feelings
- How can we see how someone is feeling? What do they look like?
- How can we make ourselves/others feel better?

Key questions:

1. How do we feel today?
2. How do people show their feelings?
3. How can we help if someone is unhappy?

PSHE: Reception

British Values and Living in the Wider World: Belonging to a community

Taking care of our environment within our community

Why we need to take care of our environment?

Our wildlife and the impact.

Knowledge

Environment - the area where something or someone lives, works and plays.

Looking after our community (environment)

- What can we do to help protect our environment?
 - Littering
 - Recycling
 - Graffiti

Questions to consider for children:

1. How do we protect the environment within our communities?

Block Five

PSHE- Reception

Relationships - Safe Relationships

Keeping Safe

- People that keep us safe outside school
 - Emergency services
 - Doctors
- How to respond safely to adults they don't know

Knowledge

Keeping Safe

- Who to talk to when you feel worried:
 - School teacher
 - Teaching assistant
 - Mum, Dad, siblings, aunts etc.
- Importance of keep trying until they are heard.

Possible Retrieval Quiz questions:

1. Who is a trusted adult?
2. How can we keep safe at school?
3. How can we keep safe at home?
4. What is meant by the word safety?

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Health and Wellbeing: Growing and Changing

Growing and Changing

- Physical changes (losing teeth, taller, bigger feet)
- New skills e.g. pencil holding, scissors, knife and fork, using the toilet, changing for PE.
- Independence/resilience - leaving Mums, siblings.
- Preparing for change - new year group.

Knowledge:

Goals - a target that we want to achieve

Independence -

Achievement -

Growing and Changing

- What makes me special
 - Whys in which we are all unique
 - Identify what they are good at
 - What they like and dislike
 - We all have our all strengths and weaknesses

Quiz questions:

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Living in the Wider World - Media Literacy & Digital Resilience

Revisit internet safety

- Visit the following website for ideas and activities for keeping safe online. Specifically designed for 4-7 years olds and recommended by the PSHE:
<https://www.thinkuknow.co.uk/professionals/resources/jessie-and-friends/>

Knowledge

- Focus on the speaking with an adult if they feel worried or unsafe.

Internet rules

- Continue with the embedding of internet safety and rules.
- Can the class create a 'top 5' list of rules that they should follow.
- Remember to talk to an adult if they feel worried.
- <https://www.thinkuknow.co.uk/professionals/resources/jessie-and-friends/>

Key questions:

- What are our top 5 rules

Block Six

PSHE; Reception

Relationships: Friends and Family

What is a family

What makes a family:

- Different roles of people in our life.
- How we know we are being cared for
- What do people do that make us feel cared for

Knowledge

When we feel unhappy

- When someone we love and care for makes us feel unhappy or worried (family and friends).
- How does that feel?
- who should we tell?

Quiz questions:

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Health and Wellbeing -Keeping Safe

Safety in unfamiliar environments

- Park
- Shopping Centre
- Swimming Pool
- The beach

Knowledge

What to do if there is an accident:

- Trusted adults
- When to call 999
- How to call 999
- What's your address

Key questions:

- What is your name
- Where do you live
- Telling the people that keep us safe

PSHE; Reception

Living in the Wider World : Money and Work

Where money comes from and how to use it.

What is money?

Why do we need it?

What money looks like?

A basic introduction to money; what it is, why we need it, what money is spent on at home, what it looks like.

Knowledge

Money - coins and notes used for buying and selling

Spending - to give money to pay for something

Saving - keep money safe

Where money comes from and how to use it

Reminder of what money is and why we need it.

How we earn money

Where we keep it safe

Key questions:

1. Have you ever received money and where did it come from?
2. What did we do with our money?
3. Where do other people get money from?
4. Where can we safely keep our money when we are at home/out and about?
5. Why do people save money?