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| **EYFS RSE.PSHE** |
| **Term 1.1** **Self-regulation: My feelings** |
| Vocabulary | Knowledge | Objectives |
| * Feelings
* Emotions
* Coping strategies
* Happy/sad
* Angry
* Calm
* Loved
 | In this unit, children are learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions. | 1. To identify different feelings and emotions.2. To identify and express my feelings.3. To explore different coping strategies to help regulate our emotions.4. To explore the different adjectives that can be used to describe feelings.5. To explore different facial expressions and what they mean.6. To identify different feelings and how to moderate behaviour socially and emotionally. |
| **Term 1.2** **Building relationships: Special relationships**  |
| Vocabulary  | Knowledge | Objectives  |
| * Family
* Valuable
* Unique
* Hobby
* Similar
* Different
* Diversity
 | In this unit, children are learning to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences. | 1. To talk about our families.2. To talk about people that hold a special place in children’s lives.3. To understand why it is important to share and cooperate with others.4. To see themselves as a valuable individual.5. To see themselves as valuable individuals.6. To explore diversity through thinking about similarities and differences. |
| **Term 2.1****Managing self: Talking on challenges**  |
| Vocabulary | Knowledge | Objectives |
| * Rules
* Reason
* Challenge
* Persistence
* Perseverance
* Grounding
 | In this unit, children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice ‘grounding’ coping strategies, and to learn new skills that will help them show resilience and perseverance in the face of challenge. | 1. To understand why we have rules.2. To understand the importance of persistence in the face of challenges.3. To work together as a group to overcome challenges.4. To learn and practise ‘grounding’ coping strategies.5. To understand the importance of perseverance in the face of challenge.6. To learn new skills, showing resilience and perseverance in the face of challenge. |
| **Term 2.2** **Self-regulation: Listening and following instructions**  |
| Vocabulary | Knowledge | Objectives |
| * Listen
* Understanding
* Friends
* Truth
* Instructions
* Perseverance
 | In this unit, children will learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one. |  1. To understand why it is important to listen carefully.2. To listen attentively to a story.3. To understand why it is important to listen carefully.4. To follow instructions involving several ideas or actions.5. To follow instructions involving several ideas or actions.6. To listen and respond to phrases and instructions that involve several ideas or actions. |
| **Term 3.1** **Building relationships: My friends and family**  |
| Vocabulary | Knowledge  | Objectives |
| * Religion
* Culture
* Beliefs
* Tradition
* Team mate
* Collaborate
 | In this unit, children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another. | 1. To understand that we all have different beliefs and celebrate special times in different ways.2. To understand why sharing is important.3. To understand the characteristics that make a good friend.4. To consider why it is important to support each other by being kind.5. To learn how to help, listen to and support others when working in a team.6. To plan a party to celebrate the special friendships within the class. |
| **Term 3.2** **Managing self: My wellbeing**  |
| Vocabulary  | Knowledge  | Objectives  |
| * Exercise
* Healthy
* Meditate
* Independent
* Pedestrian
* Balanced diet
 | In this unit, children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves. | 1. To learn about the importance of exercise.2. To learn how yoga can help our bodies to stretch, relax and stay healthy.3. To understand why it is important to be able to take care of ourselves by completing independent tasks related to health, well-being and hygiene.4. To understand what it means to be a safe pedestrian.5. To understand what it means to eat healthily.6. To understand the importance of healthy food choices. |