

# Reception PSHE Termly Overview - Summer

Theme: Health and Wellbeing

Sub-themes:  
Physical Health and Mental wellbeing  
Growing and Changing  
Keeping Safe



Core Substantive Knowledge	Key Vocabulary	Key Questions
<p><b>Physical Health and Mental wellbeing</b></p> <p>Children will learn:</p> <ul style="list-style-type: none"> <li>to explore their own feelings, how to describe them using a range of words, and begin to understand the feelings of others.</li> <li>that it's okay to ask for help when they feel upset or overwhelmed, and they'll be taught how to do this in a safe and supportive way.</li> <li>to discover what it means to be healthy and explore ways to look after their bodies—through exercise, rest, and making good food choices, including understanding the effects of too much sugar.</li> <li>about dental care (like brushing teeth and visiting the dentist) and simple hygiene routines (like handwashing) to help stop the spread of germs.</li> </ul>	<p>Feelings, emotions, sad, angry, happy, tired, surprised, scared, silly, excited, worried, calm, panic, relaxed, vitamins, minerals, fibre, dirt, hands, germs, wash, soap, water, scrub, clean, hygiene, germs, spread, anti-bacterial</p>	<ul style="list-style-type: none"> <li>Can you name big emotions?</li> <li>What does being calm mean for me?</li> <li>Why is it important to eat fruit and vegetables?</li> <li>Why is keeping clean important?</li> </ul>
<p><b>Growing and Changing</b></p> <p>Children will learn:</p> <ul style="list-style-type: none"> <li>about the stages of human growth and how their bodies change as they get older.</li> <li>different types of touch, how these can make people feel, and what to do if any touch makes them feel uncomfortable or unsafe.</li> <li>when and how to ask for or give permission to touch others, and understand the importance of keeping certain parts of the body private.</li> <li>to show perseverance in challenging situations and know who to go to if they or someone else is hurt or upset.</li> </ul>	<p>babies, childhood, teenager, adulthood, elderly, height, private parts, underwear, belong, independence, resilience, determination, ability,</p>	<ul style="list-style-type: none"> <li>How do our bodies change as we grow up?</li> <li>How can I keep my private parts safe?</li> <li>Which routines can I follow to stop spreading germs?</li> <li>How can I do things for myself?</li> </ul>
<p><b>Keeping Safe</b></p> <p>Children will learn:</p> <ul style="list-style-type: none"> <li>how to keep themselves safe while playing outside and in places like the beach, park, shopping centre, swimming pool, and on the street, including how to cross roads safely.</li> </ul>	<p>safe, unsafe, danger, hazard, emergency, help, protect, road, traffic, fire, water, rail, stranger, safe, lost, adult,</p>	<ul style="list-style-type: none"> <li>How can you stay safe when you are out and about?</li> <li>What should I do if I get lost?</li> <li>What can I do if I am fearful of something?</li> </ul>

<ul style="list-style-type: none"><li>• how to cope in an emergency and what to do if they get lost.</li><li>• common fears, how they can hold us back, and ways to overcome them.</li><li>• that change is a normal part of life and explore the different feelings that can come with it.</li></ul>	emotions, excited, nervous, curious, fears, anxiety, worry, scared, bravery,	<ul style="list-style-type: none"><li>• How do I feel about moving up to Year 1?</li></ul>
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