Reception PSHE Medium Term Plan - Autumn

Theme: Relationships	Sub-themes: Families and friendships Safe relationships Respecting ourselves and others

Core Substantive Knowledge	Key Vocabulary	Key Questions
Families and Friendships: Roles and Feeling Cared For Children learn: • Recognise and respect all types of families, understanding they all share love and care. • Learn what makes a good friend and how to be kind, inclusive, and supportive. • Develop respectful ways to handle disagreements and fallouts. • Understand that they can have different friends and enjoy playing with different people •	extended family, diversity, step mum/dad, foster family, adoptive family, single parent family, sharing, listening, emotions, positive, explain, hurtful, taking turns	• Who is in your family? • What makes a good friend? • Can I have more than one friend? • How can I resolve conflict or disagreements?
Safe Relationships: Privacy and Permission Children learn: • Identify and describe emotions in themselves and others using stories and examples. • Learn simple rules to help keep their bodies safe and know who to talk to if they are worried. (PANTS rule)	Synonyms for happy, sad, angry, personal space, touching, comfortable, uncomfortable, private parts, underwear, belongs	• What different emotions can we feel? • Is it okay to hug everyone? • How can I keep my private parts safe?
Respecting Ourselves and Others: Kindness and Respect Children learn: • Learn what makes them special and celebrate differences. • Learn to recognise their strengths and feel proud of their achievements. • Recognise that we're all unique but share similarities. • Build confidence by sharing ideas, joining in and trying new things.	Unique, special, similar, different, kind, proud, confident, belonging	• What makes you special? • How are you similar/different to your friend(s)? • Why do we not give up? • How can you overcome a challenge/obstacle?