

Overview

Personal, Social and Health Education

- In **PSHE**, we learn about how to live happy, healthy and confident lives.
- There are three core areas of PSHE: Health and Wellbeing, Relationships and Living in the Wider World.



- PSHE is also taught in many other subjects, for example in learning about religions, (RE) E-safety (Computing) or being healthy (PE).

In EYFS, PSHE learning takes place in the 'Personal, Social and Emotional Development', Physical Development and 'Understanding the World' learning areas.

Physical Development

Healthy Living Sub-Area: Managing Self

- It is important to stay healthy so that we feel good, and we can live long and happy lives.
- One way to stay fit and healthy is to eat healthy foods, for example fruit (e.g. apples, grapes, strawberries) and vegetables (e.g. carrots, lettuce, sweetcorn)



- Another way to stay fit and healthy is to exercise, e.g. running, playing sports, cycling or swimming.
- It is also important to make sure that we get enough sleep (10-12 hours for 4-5 year olds) and that we are hygienic (see below).



Safety Sub-Area: Managing self

- Safety is about protecting ourselves from danger or harm.
- It is important that we always think about the risks of the things that we do. We should take action to make the risks smaller, if we can. We should avoid things if they are too risky.



Key Vocabulary

- Family
- Friends
- Community
- Tradition
- Healthy
- Emotions
- Safety
- Behaviour
- Relationships

Personal, Social and Emotional Development

	<p>Sub-Areas: Self Regulation, Managing Self</p>	<p><u>Celebrating Difference</u></p> <ul style="list-style-type: none"> -We all have things <u>in common</u> and things that make us <u>unique</u> (different to everyone else). This is good - it is what makes you, you! Our <u>opinion</u> is what we think about something, and differ to others' opinions. -We all have different <u>likes & dislikes</u>, e.g. we may have different hobbies.
<p>I'm feeling...</p>	<p>Emotions and Behaviour</p> <p>Sub-Areas: Self Regulation, Managing Self</p>	<p><u>Managing our own feelings and behaviour</u></p> <ul style="list-style-type: none"> -<u>Emotions</u> are our <u>inner feelings</u>. There are lots of words to describe our emotions (see picture). -It is important that we understand our emotions, and the <u>emotions of other people</u>. -Our <u>behaviour</u> is the way that we act. Good behaviour means <u>following rules</u>, and <u>treating people and things with kindness and respect</u>.
	<p>Relationships</p> <p>Sub-Area: Building Relationships</p>	<ul style="list-style-type: none"> -<u>Relationships</u> are <u>connections between people</u>. Some ways that you can build good relationships: <ol style="list-style-type: none"> 1. <u>Take turns</u> 2. <u>Listen to other people's ideas</u> 3. <u>Try to help others when they need it</u> 4. <u>Understand that people sometimes feel differently to you.</u> 5. <u>Being kind</u>

Understanding the World – People, Culture and Communities

	<p>Family and Friends</p> <p>Sub-Area: People, Culture and Communities</p>	<ul style="list-style-type: none"> -Family are people who are <u>related</u> to one another. -Friends are people who <u>like spending time together</u>. <p><u>Family members include:</u></p> <p>Mother/Mum Father/Dad Parent Sister Brother Grandmother/Nana Grandfather/Papa Auntie Stepmother/father/sister/brother Uncle Cousin</p>
	<p>Communities and Traditions</p> <p>Sub-Area: People, Culture and Communities</p>	<ul style="list-style-type: none"> -A <u>community</u> is a group of people who live in a particular place or have something in common. -E.g. all of the teachers, parents and children at your school make up your <u>school community</u>. -People of the same religion are a <u>religious community</u>. -A <u>tradition</u> is something that people in a group or community do, that has been passed down over time. -E.g. eating certain foods, wearing certain clothes. -Your traditions may be a part of your religion.

Being Hygienic

1. Brush your teeth properly
2. Take regular baths or showers. Wash your hair with shampoo and your skin with soap or shower gel.
3. Wash your hands with soap after going to the toilet and before touching food
4. Be clean after using the toilet.
5. Cover your mouth when you cough or sneeze
6. Take good care of your clothes