



Overview	
<b>Personal, Social and Health Education</b>	
<p>-In <u>PSHE</u>, we learn about how to live happy, healthy and confident lives.</p> <p>-There are three core areas of PSHE: Health and Wellbeing, Relationships and Living in the Wider World.</p> <p>-PSHE is also taught in many other subjects, for example in learning about religions, (RE) e-safety (Computing) or being healthy (PE).</p> <p>In EYFS, PSHE learning takes place in the 'Personal, Social and Emotional Development', Physical Development and 'Understanding the World' learning areas.</p>	

Physical Development	Key Vocabulary
<p><b>Healthy Living</b></p> <p>-It is important to stay healthy so that we <u>feel good</u>, and we can live long and happy lives.</p> <p>-One way to stay fit and healthy is to <u>eat healthy foods</u>, for example fruit (e.g. apples, grapes, strawberries) and vegetables (e.g. carrots, lettuce, sweetcorn)</p> <p>-Another way to stay fit and healthy is to <u>exercise</u>, e.g. running, playing sports, cycling or swimming.</p> <p>-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).</p> <p><b>Safety</b> Sub-Area: Health and Self-Care</p> <p>-<u>Safety</u> is about protecting ourselves from <u>danger</u> or <u>harm</u>.</p> <p>-It is important that we always think about the <u>risks</u> of the things that we do. We should take action to make the risks smaller, if we can. We should <u>avoid things</u> if they are too risky.</p>	<p>Family</p> <p>Friends</p> <p>Community</p> <p>Tradition</p> <p>Healthy</p> <p>Emotions</p> <p>Safety</p> <p>Behaviour</p> <p>Relationships</p>

Personal, Social and Emotional Development		
<p><b>I'm feeling...</b></p>	<p><b>Self-Regulation</b></p>	<p style="text-align: center;"><u>Self-Regulation</u></p> <p>-We can show an understanding of our own feelings and of others around us. We use this to help regulate our behaviour when we need to.</p>
	<p><b>Managing Self</b></p>	<p style="text-align: center;"><u>Managing self</u></p> <p>We are confident to try new things and will persevere when challenged.</p> <p>We can explain why we need rules and know what is right and wrong. We try to behave accordingly.</p> <p>We manage our own basic hygiene needs including dressing and going to the toilet. We know why it is important to eat well and have good oral hygiene.</p>
	<p><b>Building Relationships</b></p>	<p>-<u>Relationships</u> are <u>connections between people</u>. Some ways that you can build good relationships:</p> <ol style="list-style-type: none"> <li>1. Take turns</li> <li>2. Listen to other people's ideas</li> <li>3. Try to help others when they need it</li> <li>4. Understand that people sometimes feel differently to you.</li> </ol>

Understanding the World – People and Communities		
	<p><b>Family and Friends</b></p> <p>Sub-Area: People and Communities</p>	<p>-Family are people who are <u>related</u> to one another.</p> <p>-Friends are people who <u>like spending time together</u>.</p> <p style="text-align: center;"><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><b>Communities and Traditions</b></p> <p>Sub-Area: People and Community</p>	<p>-A <u>community</u> is a group of people who live in a particular place or have something in common.</p> <p>-E.g. all of the teachers, parents and children at your school make up your <u>school community</u>.</p> <p>-People of the same religion are a <u>religious community</u>.</p> <p>-A <u>tradition</u> is something that people in a group or community do, that has been passed down over time.</p> <p>-E.g. eating certain foods, wearing certain clothes.</p> <p>-Your traditions may be a part of your religion.</p>