

EYFS LEARNING IN



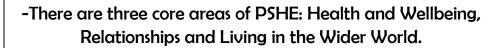
SUBJECT OVERVIEW



Overview

Personal, Social and Health Education

-<u>In PSHE</u>, we learn about how to live happy, healthy and confident lives.





-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.

| Personal, Social and Emotional Development | | |
|--|---------------------------|---|
| I'm feeling Calm Happy Silly Relaxed Silvy Relaxed Silvy Relaxed Silvy Relaxed Confused Silvy Relaxed Confused Silvy Relaxed Confused Silvy Relaxed Relaxed | Self- Regulation | Self-Regulation -We can show an understanding of our own feelings and of others around us. We us this to help regulate our behaviour when we need to. |
| | Managing Self | Managing self We are confident to try new things and will preserve when challenged. We can explain why we need rules and know what is right and wrong. We try to behave accordingly. 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. |
| | Building Relationships | -Relationships are connections between people. Some ways that you can build good relationships: 1. Take turns 2. Listen to other people's ideas 3. Try to help others when they need it 4. Understand that people sometimes feel differently to you. |

Physical Development

Healthy Living

-It is important to stay healthy so that we <u>feel good</u>, and we can live long and happy lives.

-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)

-Another way to stay fit and healthy is to <u>exercise</u>, 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: Health and Self-Care

-<u>Safety</u> is about protecting ourselves from <u>danger or harm.</u>
-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.

Key Vocabulary

Family

Friends

Community

Tradition

Healthy

Emotions

Safety

Behaviour

Relationships

Understanding the World – People and Communities



Family and Friends

Sub-Area: People and Communities

- -Family are people who are related to one another.
- -Friends are people who <u>like spending time together.</u>
 Family members include:

Mother/Mum Father/Dad Parent Sister Brother Grandmother/Nana Grandfather/Papa Auntie Stepmother/father/sister/brother Uncle Cousin



Communities and Traditions

Sub-Area: People and Community

- <u>-A 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 school community.
- -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.