



## RSHE

EYFS 3-4 Year olds	<p>Develop their sense of responsibility and membership of a community.</p> <p>Increasingly follow rules, understanding why they are important.</p> <p>Do not always need an adult to remind them of a rule.</p> <p>Be increasingly independent in meeting their own care needs (e.g. brushing teeth, using the toilet, washing &amp; drying hands)</p> <p>Select and use activities and resources with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them.</p> <p>Talk about their feelings using words like “happy”, “sad”, “angry” or “worried”</p> <p>Become more outgoing with unfamiliar people, in the safe context of their setting.</p> <p>Show more confidence in new social situations.</p> <p>Play with one or more other children, extending and elaborating play ideas.</p> <p>Help to find solutions to conflict or rivalries (e.g. accepting that not everyone can be spiderman and suggesting other ideas).</p> <p>Develop appropriate ways of being assertive.</p> <p>Talk with others to solve conflict.</p> <p>Begin to understand how others might be feeling.</p>
Reception Statements	<p>See themselves as a valuable individual.</p> <p>Build constructive and respectful relationships.</p> <p>Express their feelings and consider the feelings of others.</p> <p>Show resilience and perseverance in the face of challenge.</p> <p>Identify and moderate their own feelings socially and emotionally.</p> <p>Think about the perspectives of others.</p> <p>Manage their own needs. • Personal hygiene</p> <p>Know and talk about the different factors that support their overall health and wellbeing: • regular physical activity • healthy eating • toothbrushing • sensible amounts of ‘screen time’ • having a good sleep routine • being a safe pedestrian</p>



Substantive Concept	Nursery	Reception	Year 1	Year 2
<p>Key knowledge – Families and people who care for me</p>	<p>To know that they are part of a family To identify and talk about immediate family members (same household)</p>	<p>To identify and talk about who is in their extended family. To know and use relationship names correctly (e.g. Mum, Dad, Nan, Uncle etc) when describing their family or families from stories To identify special friends and share why</p>	<p>To know that families can look different for different children (e.g. step parents/ siblings, living in extended households) To identify what is special about being in a family Know that families can go through difficult times and that it is ok to tell people you feel sad about your family / friends</p>	<p>To know how to show members of your family that you care for them To identify trusted adults inside and outside of your family to share worries with To know characteristics of healthy and unhealthy relationships within family and friends To know that relationships can go through positive and negative times</p>