

Reception PSHE End Point

| Year group | | National Curriculum Objectives | | | | | | | | | | |
|------------|---|--|------------------------------------|---|------------------------|--|-------------------------|--|---|--|---|---|
| | | Autumn 1 Being me in my world | Autumn 2 Celebrating difference | Spring 1 Dreams and Goals | Spring 2 Healthy me | Summer 1 Relationships | Summer 2 Changing me | | | | | |
| Reception | 1 | I understand how it feels to belong and that we are similar and different Similar(ity), Different, | 1 | I can identify something I am good at and understand everyone is good at different things Different | 1 | I understand that if I persevere I can tackle challenges Perseverance | 1 | I understand that I need to exercise to keep my body healthy Healthy, Exercise | 1 | I can identify some of the jobs I do in my family and how I feel like I belong Family, Jobs | 1 | I can name parts of the body Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand |
| | 2 | I can start to recognise and manage my feelings Feelings, Angry, Happy, Excited, Nervous | 2 | I understand that being different makes us all special Special | 2 | I can tell you about a time I didn't give up until I achieved my goal Perseverance Goal, | 2 | I understand how moving and resting are good for my body Head, Shoulders, Knees, Toes, | 2 | I know how to make friends to stop myself from feeling lonely Relationship, Friend, Lonely | 2 | I can tell you some things I can do and foods I can eat to be healthy healthy, food |
| | 3 | I enjoy working with others to make school a good place to be Sharing, Taking Turns | 3 | I know we are all different but the same in some ways Same, Similar, Different | 3 | I can set a goal and work towards it Goal, Challenge | 3 | I know which foods are healthy and not so healthy and can make healthy eating choices food, healthy, not healthy | 3 | I can think of ways to solve problems and stay friends Argue, Fall-out, Words, Feelings, | 3 | I understand that we all grow from babies to adults Baby, Grown-up, Adult, Change, |
| | 4 | I understand why it is good to be kind and use gentle hands Gentle, Kind, Friend | 4 | I can tell you why I think my home is special to me Proud, Family | 4 | I can use kind words to encourage people Happy, Kind, Encourage | 4 | I know how to help myself go to sleep and understand why sleep is good for me Sleep, | 4 | I am starting to understand the impact of unkind words feelings Angry, Upset, | 4 | I can express how I feel about moving to Year 1 Worry, Excited |
| | 5 | I am starting to understand children's rights and this means we should all be allowed to learn and play Rights, | 5 | I can tell you how to be a kind friend Friends, Kind | 5 | I understand the link between what I learn now and the job I might like to do when I'm older Dream, Job, Ambition | 5 | I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet Wash, Clean, | 5 | I can use Calm Me time to manage my feelings Calm me, Breathing | 5 | I can talk about my worries and/or the things I am looking forward to about being in Year 1 Worry, Excited |
| | 6 | I am learning what being responsible means Responsibilities | 6 | I know which words to use to stand up for myself when someone says or does something unkind Happy, Sad, Frightened, Angry, | 6 | I can say how I feel when I achieve a goal and know what it means to feel proud Achievement, proud | 6 | I know what a stranger is and how to stay safe if a stranger approaches me Stranger, Scare | 6 | I know how to be a good friend kind, friend, share | 6 | I can share my memories of the best bits of this year in Reception Memories |

By the end of Reception, children will be able to recognise feelings they have and begin to think about how to manage them. They will understand and articulate the differences that people may have and how to be a kind friend. Children will be able to set a goal and work towards it and discuss jobs they might like to do when they are older. Children will begin to recognise how exercise keeps their body healthy and what foods are healthy and unhealthy. Children will be able to talk about their family and friends and how they can resolve arguments. Finally, children will be able to name many parts of the body and understand how they grow from babies to adults. They will be able to talk about their memories in Reception and nursery.