

Foundation Stage RSHE

Intent: To equip children with the information, skills and values they need to have safe, respectful and enjoyable relationships and empower them to take responsibility for their sexual health and well-being.

We seek to ensure our curriculum gives pupils the knowledge, skills, attitudes and values that will help them to:

- value their health, wellbeing and dignity
- build self-esteem and self-worth
- accept and value their personal and identity and the personal identities of others
- understand and make sense of the real-life issues they are experiencing in the world around them
- manage and explore difficult feelings and emotions
- consider how their choices affect their own wellbeing and that of others
- develop as informed and responsible citizens
- understand and ensure the protection of their rights throughout their lives.

Cycle A		
Our Wonderful World	What An Adventure	Awesome Achievements
H11. about different feelings that humans can experience H12. how to recognise and name different feelings H14. how to recognise what others might be feeling H5. simple hygiene routines that can stop germs from spreading H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health R2. to identify the people who love and care for them and what they do to help them feel cared for R3. about different types of families including those that may be different to their own R4. to identify common features of family life L1. about what rules are, why they are needed, and why different rules are needed for different situations H17. about things that help people feel good (e.g.	H21. to recognise what makes them special H22. to recognise the ways in which we are all unique L2. how people and other living things have different needs; about the responsibilities of caring for them L3. about things they can do to help look after their environment R23. to recognise the ways in which they are the same and different to others L6. to recognise the ways they are the same as, and different to, other people H28. about rules and age restrictions that keep us safe H29. to recognise risk in simple everyday situations and what action to take to minimise harm H33. about the people whose job it is to help keep us safe R6. about how people make friends and what makes a good friendship R8. simple strategies to resolve arguments between friends positively	R15. how to respond safely to adults they don't know R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard L8. about the role of the internet in everyday life L16. different jobs that people they know or people who work in the community do H23. to identify what they are good at, what they like and dislike H27. about preparing to move to a new class/year group L14. that everyone has different strengths H1. about what keeping healthy means; different ways to keep healthy H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday

<p>playing outside, doing things they enjoy, spending time with family, getting enough sleep)</p> <p>H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good</p> <p>R24. how to listen to other people and play and work cooperatively</p> <p>R10. that bodies and feelings can be hurt by words and actions;</p> <p>R21. about what is kind and unkind behaviour, and how this can affect others</p>	<p>R9. how to ask for help if a friendship is making them feel unhappy</p>	
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Cycle B

All Change	Lasting Landmarks	Through The Eyes
<p>H11. about different feelings that humans can experience</p> <p>H12. how to recognise and name different feelings</p> <p>H14. how to recognise what others might be feeling</p> <p>H5. simple hygiene routines that can stop germs from spreading</p> <p>H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health</p> <p>R2. to identify the people who love and care for them and what they do to help them feel cared for</p> <p>R3. about different types of families including those that may be different to their own</p> <p>R4. to identify common features of family life</p> <p>L1. about what rules are, why they are needed, and why different rules are needed for different situations</p> <p>H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)</p>	<p>H21. to recognise what makes them special</p> <p>H22. to recognise the ways in which we are all unique</p> <p>L2. how people and other living things have different needs; about the responsibilities of caring for them</p> <p>L3. about things they can do to help look after their environment</p> <p>R23. to recognise the ways in which they are the same and different to others</p> <p>L6. to recognise the ways they are the same as, and different to, other people</p> <p>H28. about rules and age restrictions that keep us safe</p> <p>H29. to recognise risk in simple everyday situations and what action to take to minimise harm</p> <p>H33. about the people whose job it is to help keep us safe</p> <p>R6. about how people make friends and what makes a good friendship</p> <p>R8. simple strategies to resolve arguments between friends positively</p> <p>R9. how to ask for help if a friendship is making them feel unhappy</p>	<p>R15. how to respond safely to adults they don't know</p> <p>R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard</p> <p>L8. about the role of the internet in everyday life</p> <p>L16. different jobs that people they know or people who work in the community do</p> <p>H23. to identify what they are good at, what they like and dislike</p> <p>H27. about preparing to move to a new class/year group</p> <p>L14. that everyone has different strengths</p> <p>H1. about what keeping healthy means; different ways to keep healthy</p> <p>H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday</p>

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