

Reception PSHE curriculum overview

Term	Theme	Intent	Vocabulary
Autumn 1	Exploring Emotions	Express feelings and consider the feelings of others Identify and moderate own feelings socially and emotionally Think about the perspectives of others	Emotion, belonging, feelings, co-operation, rules, happy, sad, angry, worried, cross, unhappy, proud,
Autumn 2	Being Me	See yourself as a valuable individual Express feelings and consider the feelings of others Show resilience and perseverance in the face of challenge	Unique, similar, different, individual, choice, perseverance, keep trying,
Spring 3	Bullying Matters	See yourself as a valuable individual Build constructive and meaningful relationships with adults and peers Work and play cooperatively and take turns with others Express feelings and consider the feelings of others Identify and moderate own feelings socially and emotionally	Unique, valuable, special, individual, kind, unkind, thoughtful, right, wrong, choice, appropriate, bully/ing,
Spring 4	Being Responsible	Build constructive and respectful relationships Express feelings and consider the feelings of others Manage own need including personal hygiene Explore the natural world around them	Responsible, recycling, environment, pollution, climate, independent, manners, right choice
Summer 5	Being healthy	Manage own needs including personal hygiene Know and talk about factors that support their overall health and wellbeing; regular physical activity, healthy eating, tooth brushing, sensible amounts of 'screen time, having a good sleep routine, being a safe pedestrian	Healthy, health, diet, exercise, well being, brushing teeth, independence, 'screen time' being safe,
Summer 6	Money Matters	Identify and moderate own feelings socially and emotionally Show resilience and perseverance in the face of challenge	Responsible, saving, money, cost, affordable, expensive,