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| Theme Overview: Relationship and sex education (RSE) - Changes and Transition | Unit Outcomes |
| The children will be exploring the names of their body parts and how they keep their bodies healthy. They will also be discussing their transition to the year 1. | The children will have good knowledge of the names of their body parts and understanding of their feelings about their upcoming transition. |

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| Skills Focus | PSHE Ethos |
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Main Skills Focus:

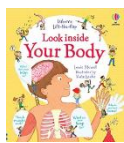
PSHE at Bland’s Infant School:
 In our school, the teaching of Personal, Social and Health Education (PSHE) enables our children to become healthy, independent and responsible members of a society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We strive to provide our children with learning opportunities in specific lessons, circle time, and group activities that enrich pupils’ experiences. It allows pupils to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

- This is an opportunity for the children to move away from traditional learning at tables.
- Children will sit in a circle on chairs, facing each other, to take part in dialogue and not only develop their confidence in speaking but also their ability to listen to their peers.
- A calm, safe environment will be promoted throughout starting with belly breathing to focus the children.
- The children will take turns to speak.
- They are all encouraged to speak but they have the right to pass.
- There is an emphasis on respect for all and promoting the use of positive, uplifting and inclusive language.

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| Sequence of Learning |
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Lesson 1
LI: To name parts of my body.

The children will name and label different external body parts (head, arms, legs, neck etc) and include some internal body parts they might be familiar with (heart, lungs etc).
There will be no teaching of names of genitalia in the Reception year.


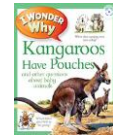


Lesson 2
LI: To know how to keep my bodies healthy.

The children will recall and build on their knowledge of healthy and unhealthy foods from the previous unit. They will look at the foods in more detail and consider the impact different foods have on thier bodies. The children will have the opportunity to taste a variety of different healthy foods.

Lesson 3
LI: To understand that we grow from babies to adults.

The children will explore how they change from the time they are babies to when they become adults. They will think of the changes they have been through since they were babies and make predictions to how they will change when they grow to be adults. This will entail very basic physical changes and the abilities they have and how those have changed.
There will be no reference of changes in genitalia in the Reception year.

Lesson 4

LI: To discuss how I feel about moving to Year 1.

The children will explore the feelings and emotions they are experiencing about moving to year 1. They will be reassured that the range of emotions - from excitement to worry - are all natural. The children will be shown photos of the year 1 areas. Current year 1 children will come down to speak to them and answer any questions they might have.



Lesson 5

LI: To talk about worries and things they are excited about in Year 1.

After having had a time to reflect from the last lesson, the children will be asked if they have thought of anymore questions about year 1. They will be reassured that they might feel a range of emotions and that they are natural at a time of change. The children will take a tour of year 1 and join them for a playtime. They will also be given the opportunity to play in the year 1 classes and outdoor areas.



Lesson 6

LI: To share their favourite memories Reception.

The children will have the opportunity to share some of their favourite memories of Reception with each other. They will understand that just because they are moving on, that doesn't mean they will lose all those memories and good times. They will always have those with them. The children will share the things they are looking forward to in year 1. They will end this unit by sharing what they are proud of having achieved through the year.

