**CATHCART STREET PRIMARY SCHOOL**

**PSHE & RSE**

**Reception**

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|  Autumn | 1 | 1 | **Being Me *- PSHE***Lesson 2 – I can start to recognise and manage my feelings**Birth to 5 – PSHE**I am developing an understanding of school/class rules.I can identify the emotions; happy, sad, angry, scared, calm and loved.I can recognise when I have felt these emotions.I can wait my turn and listen to others. | PSHE | JigsawBirth to 5 |
| 2 | **Being Me - *PSHE***Lesson 1 – I Understand that I belong and that we are similar and different**Birth to 5 – PSHE**I can talk about my family and homeI know that I am special.I know that everyone is different and that is ok (in relation to looks, family, culture and religion).**Birth to 5 - *RSE***I know who is special to me/ my family.I know something that makes me uniqueI know that everyone is different and may have different families and this is ok. | JigsawBirth to 5 |
| 3 | **Being Me - *PSHE***Lesson 3 – I can work together and consider other peoples feelings | Jigsaw |
| 4 | **Being Me - *PSHE***Lesson 4 – I understand why its good to be kind and use gentle hands  | Jigsaw |
| 5 | **Being Me - *PSHE***Lesson 5 – I am starting to understand my rights and this means we are allowed to play and learn **NSPCC – RSE**PANTS | JigsawNSPCC |
| 6 | **Being Me - *PSHE***Lesson 6 – I am learning what responsible means | Jigsaw |
| 2 | 1 | **Celebrating differences - *PSHE***Lesson 5 – I can tell you how to be a kind friend | PSEH | Jigsaw |
| 2 | **Celebrating differences - *PSHE***Lesson 6 – I know which words to use to stand up to myself when someone says or does something unkind. | Jigsaw |
| 3 | **Celebrating differences - *PSHE***Lesson 1 – I can identify something I am good at and understand that everyone is good at different things. | Jigsaw |
| 4 | **Celebrating differences - *PSHE***Lesson 2 – I understand that being different makes us all special | Jigsaw |
| 5 | **Celebrating differences - *PSHE***Lesson 3 – I know we are all different but the same in some ways | Jigsaw |
| 6 | **Celebrating differences - *PSHE***Lesson 4 – I can tell you why I think my home is special to me | Jigsaw |
|  |  | Jigsaw |
| Spring | 1 | 1 | **Relationships - *PSHE***Lesson 1 – I can identify some of the jobs I do in my family |  | Jigsaw |
| 2 | **Relationships - *PSHE***Lesson 2 – I know how to make friends to stop myself from feeling lonely | Jigsaw |
| 3 | **Relationships - *PSHE***Lesson 3 – I can think of ways to solve problems and stay friends | Jigsaw |
| 4 | **Relationships - *PSHE***Lesson 4 – I am starting to understand the impact of unkind words | Jigsaw |
| 5 | **Relationships - *PSHE***Lesson 6 – I know how to be a good friend | Jigsaw |
| 6 | **NSPCC – RSE**PANTS | NSPCC |
| 2 | 1 | **Dreams and Goals - *PSHE***Lesson 1 – I understand that if I persevere I can tackle challenges  |  | Jigsaw |
| 2 | **Dreams and Goals - *PSHE***Lesson 4 – I can use kind words to encourage people  | Jigsaw |
| 3 | **Dreams and Goals - *PSHE***Lesson 5 – I understand the link between what I learn now and the jobs I might like to do when I’m older. | Jigsaw |
| 4 | **Dreams and Goals - *PSHE***Lesson 1 – I can say how I feel when I achieve a goal and know what it means to feel proud. | Jigsaw |
| 5 | **Road Safety** |  |
| 6 | **NSPCC – RSE**PANTS | NSPCC |
| Summer | 1 | 1 | **Changing Me - *PSHE***Lesson 1 – I can name parts of the body |  | Jigsaw |
| 2 | **Changing Me - *PSHE***Lesson 2 – I can tell you some of the things I can do and foods I can eat to be healthy.  | Jigsaw |
| 3 | **Changing Me - *PSHE***Lesson 3 – I understands that we all grow from babies to adults. | Jigsaw |
| 4 | **Changing Me - *PSHE***Lesson 4 – I can express how I feel about moving to Year 1 | Jigsaw |
| 5 | **Changing Me - *PSHE***Lesson 5 – I can talk about how I feel about my worries and/or the things I am looking forward to in Year 1.  | Jigsaw |
| 6 | **Healthy Me - *PSHE***Lesson 1 – I understand that I need to exercise to keep my body healthy | Jigsaw |
| 7 | **Healthy Me - *PSHE***Lesson 2 – I know which foods are healthy and not so healthy and can make healthy eating choices. | Jigsaw |
|  | **NSPCC – RSE**PANTS | NSPCC |
| 2 | 1 | **Healthy Me - *PSHE***Lesson 3 – I know what the word healthy means and that some foods are healthier than others. |  | Jigsaw |
| 2 | **Healthy Me - *PSHE***Lesson 4 – I know how to help myself go to sleep and understand why sleep is good for me.  | Jigsaw |
| 3 | **Healthy Me - *PSHE***Lesson 5 – I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.  | Jigsaw |
| 4 | **Healthy Me - *PSHE***Lesson 6 – I know what a stranger is and how to stay safe if a stranger approaches me. | Jigsaw |
| 5 | **Changing Me - *PSHE***Lesson 4 – I can express how I feel about moving to Year 1 | Jigsaw |
| 6 | **Changing Me - *PSHE***Lesson 5 – I can talk about how I feel about my worries and/or the things I am looking forward to in Year 1.  | Jigsaw |
| 7 | **Changing Me - *PSHE***Lesson 6 – I can share my memories of the best bits of this year in Reception  | Jigsaw |
|  | **NSPCC – RSE**PANTS |  | NSPCC |