

Sleep and relaxation

We learn that sleep is important for health and we talk about how we can relax before bed. We learn relaxation and breathing techniques in the yoga Zen Den.



Friendship and Bullying

We learn that there are different types of behavior friendly and unfriendly and we sort behaviours into two categories. We look at photographs and talk about how someone might be feeling who has been the victim or perpetrator.



Online safety

We are learning that we need to be careful when we share things online and that we should always have a grown up who checks and approves the sites we are visiting. We use the Digi Duck character to explore different scenarios,

Healthy eating

We can name different food, express opinions about different food, and explain that different people often like to eat different food. We begin to recognise the Eatwell Guide and name some of the food in each food group. We begin to recognise that the Eatwell Guide food groups are different sizes and that this shows us the amount of food needed from each group. We can explain that it is important to eat lots of different fruit and vegetables and name a range of fruit and vegetables.

RSHE Scheme of Work

EYFS

Oral Health

We understand that tooth brushing is part of their routine personal care. We will look at their own teeth in a mirror. We will learn how long to brush their teeth for they will have a practical tooth brushing lesson. We will learn that it is important to go to the dentist for regular check-ups.

Drugs and Alcohol

We learn to identify adults who can help them keep healthy and safe. We know about the safe keeping of everyday substances and basic rules for recognising substances or objects that are not safe to touch.

Mental Health and Wellbeing

We learn to name different feelings. We explore feelings through stories and characters, puppets, emotion puzzles and role play. We learn that feelings have physical and mental symptoms. We explore feelings in the context of real events and situations and find practical ways to manage feelings

Physical activity

We learn that it is important to be active every day. We talk about their daily activity and share examples of this with our class "Busy Bear" and through an interactive display which parents contribute to. Parental engagement is promoted through regular physical play and play sessions.

We learn that they can be active in lots of different ways and in lots of different places.

