

## PSHE/RSHE in EYFS

The new ELG: Managing Self covers many aspects previously covered within PSED. The ELG: Building Relationships is very similar to the existing 'Making Relationships' goal. Aspects of health and self-care are now included within the educational programme for PSED rather than Physical Development. It includes building relationships with those around learners along with healthy eating and managing personal needs independently. Also included is a new requirement 'to promote the good oral health of children'.

Development Matters	ELG Early Learning Goal	How this is achieved in EYFS	By the end of EYFS learners will know...
<p>Reception</p> <p><b>Personal Social &amp; Emotional Development</b></p> <ul style="list-style-type: none"> <li>● See themselves as a valuable individual</li> <li>● Build constructive and respectful relationships</li> <li>● Express their feelings and consider the feelings of others</li> <li>● Show resilience and perseverance in the face of challenge</li> <li>● Identify and moderate their own feelings socially and emotionally</li> <li>● Think about the perspectives of others</li> </ul> <p><u>Manage their own needs</u></p> <ul style="list-style-type: none"> <li>● Personal hygiene</li> </ul> <p><u>Know and talk about the different factors that support their overall health and wellbeing:</u></p> <ul style="list-style-type: none"> <li>● regular physical activity</li> <li>● healthy eating</li> <li>● toothbrushing</li> <li>● sensible amounts of 'screen time'</li> <li>● having a good sleep routine</li> <li>● being a safe pedestrian</li> </ul>	<p><b>Personal Social &amp; Emotional Development: Self-regulation</b></p> <ul style="list-style-type: none"> <li>● Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly</li> <li>● Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate</li> <li>● Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions</li> </ul> <p><b>Personal Social &amp; Emotional Development: Managing Self</b></p> <ul style="list-style-type: none"> <li>● Be confident to try new activities and show independence, resilience and perseverance in the face of challenge</li> <li>● Explain the reasons for rules, know right from wrong and try to behave accordingly</li> <li>● Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices</li> </ul> <p><b>Personal Social &amp; Emotional Development: Building Relationships</b></p> <ul style="list-style-type: none"> <li>● Work and play cooperatively and take turns with others</li> <li>● Form positive attachments to adults and friendships with peers</li> <li>● Show sensitivity to their own and to others' needs</li> </ul>	<ul style="list-style-type: none"> <li>-circle time</li> <li>-listening games</li> <li>-talking partners</li> <li>- joining in with songs and actions</li> <li>-playground behaviour</li> <li>-model good listening &amp; turn taking</li> <li>-discuss &amp; share family celebrations such as birthdays, Christmas</li> <li>-share stories daily &amp; talk about what has happened &amp; why/ moral/ what does that mean for us?</li> <li>-snack time</li> <li>-PATHs feelings cards</li> <li>-class rules &amp; routines</li> <li>-discuss being a good friend</li> <li>-sports day - taking turns, working part of a team</li> <li>-collaborative tasks eg. making a model, natural artwork</li> <li>. give and receive compliments</li> <li>. celebrating PATHs pupil of the day and having privileges</li> </ul>	<ul style="list-style-type: none"> <li>● I know how to express how I feel</li> <li>● I know that I can talk to familiar adults</li> <li>● I know how to listen to others</li> <li>● I know how to follow a simple instruction</li> <li>● I know when I am feeling happy, sad or angry</li> <li>● I know why we have rules</li> <li>● I know how to get dressed</li> <li>● I know how to use the toilet</li> <li>● I know some foods are healthy &amp; that others are unhealthy</li> <li>● I know how to brush my teeth</li> <li>● I know why it is important to sleep</li> <li>● I know why exercise is important</li> <li>● I know how to take turns</li> <li>● I know how to be a good friend</li> <li>● I know when people are feeling unhappy</li> <li>● I know the difference between right &amp; wrong choices</li> <li>● I understand there are consequences to my actions</li> </ul>

Vocabulary: emotions, feelings - happy, sad, angry, upset, hurt, jealous, calm, worried, scared, relaxed; rules, behaviour, listen, share, friend, turns, healthy, unhealthy, consequences, PATHs, compliments, comfortable and uncomfortable feelings,