

# St Anne's C of E Primary School Curriculum Plan

Subject: PSHE

Year: EYFS

Term: Summer 1



Unit: My Body and Growing Up



Vocabulary	Knowledge	Understanding	Skills
	Children will know (that)	Children will understand (that)	Children will be able to
<p>Range of feelings words e.g. happy, pleased, calm, sad</p> <p><b>baby</b> – a very young child</p> <p><b>child</b> – a young human</p> <p><b>girl</b> – a female, young human</p> <p><b>boy</b> – a male, young human</p> <p><b>size</b> – how big something is</p> <p>range of simple external body parts e.g. hands, head, teeth</p> <p><b>penis</b> – male private part.</p> <p><b>testicles</b> – male private part</p>	<p>How to describe their own appearance and name external body parts.</p> <p>Ways in which their body has changed since they were a baby.</p> <p>About and value what their bodies can do.</p> <p>Similarities and differences between the bodies of girls and boys, including using agreed names for the sexual parts.</p> <p>Ways of looking after their body and keeping it clean.</p> <p>Ways in which they can take responsibility for keeping themselves clean and recognise</p>	<p>The names of external body parts</p> <p>What their body can do and how they body has changed since they were a baby</p> <p>Similarities and differences between the bodies of girls and boys, including using agreed names for the sexual parts.</p> <p>Why it is important to keep clean and how they can do this.</p> <p>Ways in which they can take responsibility for keeping themselves clean and recognise</p>	<p><b>ELG: Prime Area: Personal, Social &amp; Emotional Development:</b></p> <p><b>MS - Managing Self</b></p> <p>Use a range of words to describe their own appearance</p> <p>Describe ways their body has changed since they were a baby</p> <p>Talk positively about some of their body's capabilities</p> <p>Name a sex specific body part using scientific vocabulary</p> <p>Wash their hands at school</p>

<p><b>vagina</b> – female private part</p> <p><b>bottom</b> – the part of your body that you sit on</p> <p><b>trust</b> – to have confidence and believe in someone</p>	<p>situations where they still need to be supported by others.</p> <p>How members of their family and other trusted people care for and look after them.</p> <p>How they feel about growing up</p>	<p>situations where they still need to be supported by others.</p> <p>Who the trusted members of their family are</p> <p>That they may feel different feelings about growing up</p>	<p>Explain when they might need help to take care of themselves</p> <p>Talk about ways people in families look after each other</p> <p>Describe a feeling they associate with growing up.</p>
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# St Anne's C of E Primary School Curriculum Plan

Subject: PSHE

Year: EYFS

Term: Summer 2



Unit: Healthy and Safer Lifestyles



Vocabulary	Knowledge	Understanding	Skills
	Children will know (that)	Children will understand (that)	Children will be able to
<p><b>healthy</b> – not to be ill.</p> <p><b>like</b> – to enjoy something</p> <p><b>dislike</b> – to not enjoy something</p> <p><b>exercise</b> - activity done to keep the body or mind strong or to make them stronger.</p>	<p>What their bodies need to stay healthy.</p> <p>Name and talk about foods they like and dislike.</p> <p>Why different foods and drink are important for their bodies.</p> <p>What exercise is and why it is good for them.</p> <p>The importance of sleep for their bodies.</p> <p>Some choices they can make which contribute to healthy living</p>	<p>What being healthy means and how exercise and food contribute to this.</p> <p>Why exercise is important for health</p> <p>Why sleep is important for health.</p>	<p><b>ELG: Managing Self</b>  <b>-Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices; (also covered in KS F Keeping Safe and BG F My Body and Growing Up).</b></p> <p>Explain how their body needs sleep, food and exercise to be healthy</p> <p>Talk about some foods they like and dislike</p> <p>Know that different people like different foods</p>

			<p>Recognise the Eatwell Guide and be able to sort some foods into it</p> <p>Know that different foods help my body in different ways</p> <p>Suggest foods and drink which could be added to a lunchbox to create a healthy meal</p> <p>Give some examples of physical activity that they enjoy</p> <p>Explain why exercise is good for their bodies</p> <p>Describe their bedtime routine</p> <p>Explain why sleep is important for them</p> <p>Suggest healthy choices and identify one way they can be healthier</p>
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