

RSHE- Reception Overview



Autumn 1- Me and my relationships • All about me • What makes me special • Me and my special people • Who can help me? • My feelings- Part 1 • My feelings- Part 2	Spring 1- Keeping safe • What's safe to go on my body • Keeping myself safe (including medicines) • Safe indoors and outdoors • Listening to my feelings • Keeping safe online • People who help to keep me safe	Summer 1- Being my best • Bouncing back when things go wrong • Yes, I can! • Healthy eating- Part 1 • Healthy eating- Part 2 • Move your body • A good night's sleep
Autumn 2- Valuing difference • I'm special, you're special • Same and different • Same and different families • Same and different homes • Kind and caring- Part 1 • Kind and caring- Part 2	Spring 2- Rights and Respect • Looking after my special people • Looking after my friends • Being helpful at home and caring for our classroom • Caring for our world • Looking after money: recognising, spending, using • Looking after money: saving money and keeping it safe	Summer 2- Growing and changing • Seasons • Life stages- plants, animals, humans • <i>Where do babies come from?*</i> • Getting bigger • <i>Me and my body- girls and boys*</i>

**If a lesson is marked with a purple asterisk, this is a session where adaptations have been made by the Subject Leader after consultation with Governors and parents.*