



Thomson House School

Reception PSHE Medium Term Guide

(Last updated 28.02.20)

Reception

This document is to be used as a guide. The number of weeks to spend on each topic depends on the children's understanding so therefore you might need to spend more/less time on each topic.

Early Years Learning Goals:

1. Making Relationships

Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings and form positive relationships with adults and other children.

2. Self-confidence and self-awareness

Children are confident to try new activities and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.

3. Managing feelings and behaviour

Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class and understand and follow the rules. They adjust their behaviour to different situations and take changes of routine in their stride.

PSHE for Early Years contributes to: -

Physical Development

Personal, Social and Emotional Development

Understanding the World

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7 / Extras
Autumn 1 TOPIC: ALL ABOUT ME Value: Kindness Theme: Starting School and Making relation - ships	Home visits	Home visits First two days of BIG school Settling into school	Class Charter How we are going to treat each other this year; circle time game to get to know each other Class Book with all photos and names to be used at register time PSHE Books and puppets: Jenny Mosley's golden rule series: We are gentle, we look after property, We are kind and helpful, We are honest, We work hard, We listen	Making new friends and school values / rules How we are going to treat each other this year; circle time game to get to know each other Class Book with all photos and names to be used at register time PSHE books and puppets: Jenny Mosley's golden rule series: We are gentle, We look after property, We are kind and helpful, We are honest, We work hard, We listen	Respecting others in the lunch hall and around the school Saying please and thank you in the dining hall or if someone opens the door for you Helping your friend and others around you if they need help in the lunch hall and in the playground	Positive Mental Health – serving in the community – working together in The Big Draw; bringing in food for Harvest Festival – where does it go? How can we help those less fortunate than ourselves? Oct 10 th World Mental Health Day	HOME VISITS Weekly show and tell – “Cassie the cat”. A child takes home Cassie the class cuddly toy cat and book and parents have to write about the weekend Safety – safe behaviour in and out of school – walking around the school and up to lunch. Manners Charity – Richmond Foodbank helping the homeless.
Assemblies	New beginnings - a fresh start. Behaviour for learning	The start of a new year – Judaism Rosh Hashanah. Behaviour in the playground	School values – kindness Why is it important to be kind? How can we show kindness?	Repentance – Judaism Yom Kippur The importance of saying sorry.	Gratitude – Harvest Festival The importance of saying thank you.	Mental Health – helping others helps ourselves. Building self-esteem through serving others.	
Autumn 2 TOPIC: SPACE Value: Courage Theme:	Reminder of rules . Looking at Courage in the classroom – putting up your hand, speaking in class, participating in learning, collaborative learning. Celebrating Diwali - Exploring different	Courage in school – playground manners; playing with different friends; what to do if we have no-one to play with; buddy bench	Anti-bullying week Looking at kindness: Book: Have you filled up your bucket today? Look at worrying	Anti-bullying week Looking at being brave and overcoming any worries Make a worry box Book : A bag full of worries	Environmental/ sustainability – how can we make the school more environmentally friendly? Energy, water or litter waste.	Positive Mental Health - courage when performing <i>Nativity prep</i> nerves are normal; why do we get nervous; what to do when	OUTINGS – Walking to Vernon Road for assemblies Visitors – Space workshop London Air Ambulance; Road safety team; Network Rail re station safety. Watch Pantomime Book fair Performance – Lower School Nativity Safety – anti-bullying; road/rail safety

Making relation – ships	cultures and communities Diwali song Diwali cards – candles Watch BBC Bitesize					feeling nervous; bodily functions & nerves.	Charity – Christmas Market in aid of Save the Children
Assemblies	Diwali – Festival of Light	Bonfire Night & Guy Fawkes	Anti-Bullying – what to do if you think you are being bullied	Eid Al Fitr	The Christmas Story	Helping Others At Christmas - Building self-esteem through serving others	
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7 / Extras
Spring 1 TOPIC: WOODLAND D Value: Curiosity Theme: Self – confidence and self - awareness	New Year – turning over a new leaf Welcome back and Happy new year. What would you like to do differently? Goals to challenge yourself – at home and at school.	Chinese New Year Exploring different cultures and communities A whole day celebrating the chinese new year. - Watch and learn the chinese new year song on Youtube - Chinese dragon parade in the playground (make dragons heads and get fabric) - watch BBC Bitesize	Zones of regulation Introducing the zones of regulation. What does it mean? There are four colours https://hes-extraordinary.com/the-zones-of-regulation Link to the book Little Red riding hood. How do the characters feel?	Zones of regulation Introducing the four zone colours to the class. Explain what each colour means: 1. The green zone is used to describe when you're in a calm state. Being in the green zone means you are calm, focused, happy, or ready to learn. 2. The yellow zone describes when you have a heightened sense of alertness. Being in the yellow means you may feel frustrated, anxious or nervous. But, it could also mean you're feeling excited, silly, or hyper – which is okay in the right situations.	Zones of regulation 3. The red zone describes an extremely heightened state of intense emotions. Being in the red zone means you're feeling anger, rage, terror, or complete devastation and feel out of control. 4. The blue zone, on the other hand, is used when a person is feeling low states of alertness or arousal. When you're in the blue zone you may be feeling down – sad, sick, tired, or bored.	Zones of regulation Watch the film Inside Out and discuss the four characters	Weekly show and tell – “Cassie the cat”. A child takes home Cassie the class cuddly toy cat and book and parents have to write about the weekend Social – Clubs begin for Reception children
Assemblies	Epiphany	New Year means a New You	Buddhism – the Buddhist new year	Being Curious & Taking Responsible Risks	Safer Internet Day	Chinese New Year	

Spring 2 TOPIC: TRANSPORT Value: Kindness Theme: Self – confidence and self - awareness	Introducing different modes of transport What is your favourite transport – being able to talk about what they like and don't like travelling on confidently. Teachers to annotate responses	Jobs and community Talk about jobs and people in the community who help us: what is it like to be a fireman/police officer/nurse etc.. (Role play)	Travelling Safely How to travel safely on public transport – bus, train. Discuss differences between travelling in a car and public transport. Being safe on a bike. Wearing a helmet	Aspirations and Dreams When I grow up, I would like to be? Link it to jobs in the community.	Mother's Day Make Mother's Day cards. Why are mums so special?	Positive Mental Health – how positive relations can help us Who we can trust; who to go to if we need help at home / at school / out in public	Trip – Church, Transport Trip Visitors – Performance – class assemblies, show and tell Safety – safe and positive relationships. Charity – Red Nose Day / Sport Relief House Competition - sports Theme Week – Global Environment – THS Goes Green World Book day Red Nose Day
	Assemblies Valentine's Day – show love by being kind to each other	Lent & Pancake Day	St David's Day – patron saint of Wales	World Book Day – sharing a love of reading	St Patrick's Day – patron saint of Ireland	Mother's Day – being kind to our mothers	The Easter Story
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7 / Extras
Summer 1 TOPIC: MINI - BEASTS Value: Courage Theme: Managing feelings and behaviour	Taking Responsible Risks Activity – learning a new skill	Making Good Choices – a healthy lifestyle To know the mental and physical benefits of an active lifestyle What is a healthy lifestyle? How can we keep active? What is the benefit of exercise? Activity – learning a new skill	Healthy Eating – trying new foods What is a healthy diet? What is a balanced diet? Why is it important to try new foods? Activity – learning a new skill	How can we show courage at school? Activity – learning a new skill	Environmental/ sustainability How does travel affect the environment? How can we be more transport aware? Activity – learning a new skill	Positive Mental Health - What have you enjoyed most about Y1? A questionnaire to complete about what they have liked / disliked about Y1. What have they learnt? Which trip they enjoyed most etc. Activity – learning a new skill	Weekly show and tell – “Cassie the cat”. A child takes home Cassie the class cuddly toy cat and book and parents have to write about the weekend Trip – Easter Bonnet Parade Barnes Literature festival Dinosaur workshop Pyjama Day Visitors – Performance – class assemblies Safety – taking responsible risks

