

# EYFS LEARNING IN PS

# **Overview**

# Personal, Social and Health Education

-In PSHE, we learn about how to live happy, healthy and confident lives.

-There are three core areas of PSHE: Health and Wellbeing, Relationships and Living in the Wider World.

-PSHE is also taught in many other subjects, for example in learning about religions, (RE) e-safety (Computing) or being healthy (PE).

In EYFS, PSHE learning takes place in the 'Personal, Social and Emotional Development', Physical Development and 'Understanding the World' learning areas.

	things that we		
	Self- Confidence and Awareness Sub-Area: Self- Confidence and Self- Awareness	<u>Self-Confidence and Self-Awareness</u> -We all things <u>in common</u> and things that make us <u>unique</u> (different to everyone else). This is good - it is what makes you, you! Our <u>opinion</u> is what we think about something, and differ to others' opinions. -We all have different <u>likes &amp; dislikes</u> , e.g. we may have different hobbies.	smaller, if we co
I'm feeling Cdm Hoppy Sily Rebard Hoppy Sily Rebard Surprised Sad Shy Surprised Hangry Aegry Confused	<b>Emotions and</b> <b>Behaviour</b> Sub-Area: Managing Feelings and Behaviour	<u>Managing Feelings and Behaviour</u> - <u>Emotions</u> are our <u>inner feelings</u> . There are lots of words to describe our emotions (see picture). -It is important that we understand our emotions, and the <u>emotions of other people</u> . -Our <u>behaviour</u> is the way that we act. Good behaviour means <u>following rules</u> , and <u>treating people</u> <u>and things with kindness and respect</u> .	
20	<b>Relationships</b> Sub-Area: Making Relationships	<ul> <li>-<u>Relationships</u> are <u>connections between people</u>. Some ways that you can build good relationships:</li> <li>1. Take turns 2. Listen to other people's ideas 3. Try to help others when they need it 4. Understand that people sometimes feel differently to you.</li> </ul>	

# **Physical Development**

#### Healthy Living Sub-Area: Health and Self-Care

-It is important to stay healthy so that we feel good, and we can live long and happy lives.

-One way to stay fit and healthy is to eat healthy foods, for example fruit (e.g. apples, grapes, strawberries) and vegetables (e.g. carrots, lettuce, sweetcorn)

-Another way to stay fit and healthy is to exercise, e.g. running, playing sports, cycling or swimming. -It is also important to make sure that we get enough sleep (10-12 hours for 4-5 year olds) and that we are hygienic (see below).

### Safety Sub-Area: Health and Self-Care

-Safety is about protecting ourselves from danger or harm. -It is important that we always think about the risks of the e do. We should take action to make the risks can. We should avoid things if they are too risky.

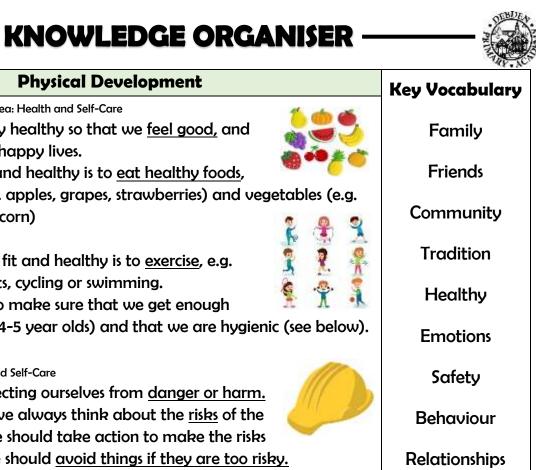
Understanding the World – Peo				
	<b>Family and</b> <b>Friends</b> Sub-Area: People and Communities	-Family are p -Friends are p Mother/Mum Grandmothe Stepmother		
	<b>Communities</b> <b>and Traditions</b> Sub-Area: People and Community	<u>-A commun</u> particular p -E.g. all of the school r -People of the -A <u>tradition</u> i community do -E.g. eating -Your tradi		

## **Being Hygienic**

1.Brush your teeth properly 2. Take regular baths or showers. Wash your hair with shampoo and your skin with soap or shower gel.

3.Wash your hands with soap after going to the toilet and before touching food

4.Be clean after using the toilet.



## ple and Communities

people who are related to one another. people who like spending time together. Family members include: Father/Dad Parent Sister Brother er/Nana Grandfather/Papa Auntie er/father/sister/brother Uncle Cousin nity is a group of people who live in a place or have something in common. e teachers, parents and children at your make up your school community. same religion are a religious community. is something that people in a group or o, that has been passed down over time. certain foods, wearing certain clothes. litions may be a part of your religion.

5.Cover your mouth when 6.Take good care of you cough or sneeze your clothes