



## Our PSHE lessons this half term in Year FS2

This half term, our classes will all be learning about the topic 'Rights and Respect'. The majority of the content in these lessons is now statutory, in line with the Relationships and Health curriculum that became compulsory for schools in September 2020. When this was introduced we underwent a period of consultation where the proposed changes were set out and parents were invited to give feedback, and this helped us to shape our curriculum.

We feel it would be useful for our parents and carers to have a clear idea of what sort of content is being introduced in our lessons as they are REALLY important topics and often provoke discussion and questions which may also be brought home. Please rest assured that all lesson content is handled with sensitivity, respect and in an age appropriate manner, with much of the focus being around keeping ourselves safe and both physically and mentally healthy.

If you would like any further information about the relationships and health learning that is taking place then please do not hesitate to get in touch with your class team in the usual way. We are here to help! ☺

Mrs Helen Jones

PSHE lead teacher

Lesson	Lesson Focus	Lesson Content:
1	Bouncing back when things go wrong	<ul style="list-style-type: none"><li>● Share an experience where they haven't achieved their goal.</li><li>● Develop their confidence and resilience towards having a growth mindset.</li><li>● Name a strategy to overcome a hurdle.</li></ul>
2	Yes, I can!	<ul style="list-style-type: none"><li>● Recognise that some skills take time to learn.</li><li>● Plan and review an achievable goal.</li><li>● Help others with tricky things.</li><li>● Celebrate the successes of their peers.</li></ul>
3	Health Eating	<ul style="list-style-type: none"><li>● Name and choose healthy foods and drinks.</li><li>● Understand there are some foods that are a "just sometimes" food or drink (eating in moderation).</li><li>● Understand that sugary foods can cause tooth decay.</li><li>● Explain the jobs of different food groups.</li></ul>

4	My Healthy Mind	<ul style="list-style-type: none"> <li>● Identify the 5 ways to support their wellbeing.</li> <li>● Name some activities or ideas to promote positive mental health.</li> <li>● Reflect on their mental health and how they can protect it.</li> <li>● is not cared for.</li> </ul>
5	Move your body	<ul style="list-style-type: none"> <li>● Describe the changes in their body during exercise and what is happening to their body.</li> <li>● Explain how exercise can help us stay well - physically and mentally.</li> <li>● Name some ways to keep their body fit and well.</li> </ul>
6	A Good Nights Sleep	<ul style="list-style-type: none"> <li>● Understand why our body needs sleep.</li> <li>● Talk about their own bedtime routine.</li> <li>● Suggest ways to have a calm evening and bedtime routine.</li> </ul>