**The PSHE Curriculum Summer Term Reception Class**

**My Body and Growing Up**

This unit is designed to support children in learning how to value and appreciate their own and other people’s bodies.

* Children will learn to recognise and name external parts of the body including using scientific names for the external sexual parts of the body. They will learn to recognise and appreciate similarities and differences between bodies, including those between girls and boys.
* The children will learn to appreciate the variety of things that they can do with their bodies, how they have changed physically since they were very young and how they will continue to grow and change all their lives.
* This unit looks at personal hygiene and supports children in developing appropriate responsibility for it. They will continue to develop basic hygiene routines, including toileting and washing, and will also learn about the importance of good hygiene and cleanliness for preventing the spread of disease.
* This unit is designed to encourage children to analyse their own role in developing positive, responsible and caring attitudes. They will learn that, as they grow, they will become more independent and will take more responsibility for looking after themselves and things around them.
* The children will examine what they currently do to look after themselves, including dressing and undressing. They will learn to recognise areas where they still need support from others to ensure their personal needs are met and to be aware of the adults who provide this care.

**Healthy and Safer Lifestyles (incl. Drug Education)**

In this unit children will explore what feeling safe means.

* They will have the opportunity to make a Safety Circle where they will identify the people who can help them, including people in different contexts in their lives. They will develop skills to enable them to access help and support as well as learning how to help others.
* They will experience activities designed to explore different kinds of touches, both good and bad, and the names of intimate body parts and understand that if they are touched in any of these areas, they must tell someone on their Safety Circle.
* Link to NSPCC Pantosaurus ‘PANTS:

**P**ants are private

**A**lways remember your body belongs to you

**N**o means no

**T**alk about secrets that upset you

**S**peak up, someone can help

* The unit also covers different types of secrets; saying no and who to tell if they have a worry.
* They will learn to identify potential risks to their safety and will develop an understanding of how they can take some responsibility for their own safety in different contexts, including examining the need for safety rules in order to keep themselves and others safe. This includes when they are out and about which will include exploring safe and unsafe places to play, learning basic road safety skills and how to keep themselves safer when they are lost and have become separated from a parent/carer.
* They will also be encouraged to consider their personal safety when using technology. As part of their Drug Education, the children will learn about the potential dangers of both known and unknown substances. They will investigate what goes into and on to their bodies, who puts it there and how they feel about this. They will learn about the role of medicines and look at rules for the safe use of medicines.