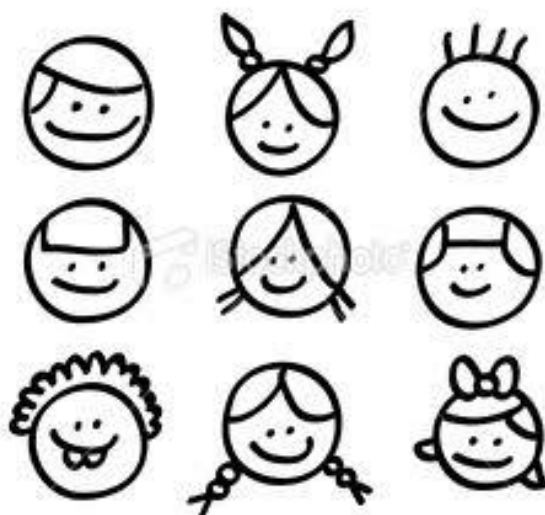


**Personal, Social, Health and Economic
Education (PSHCE Ed)**



**A Parent's guide to . . .
Relationship, Sex & Health
Education (RSHE)**



Class: 1 (Reception)

What will my child cover in RSHE lessons?

Early Years Foundation Stage (EYFS)

During the RSHE lessons you can expect your child to learn about the following:

- **Life cycles**
 - living and non-living things e.g. cat, football, flower, cup and how we know they are living
 - baby – child – adult
 - what could I do as a baby? What can I do now that is different?
 - egg – caterpillar – chrysalis – butterfly
 - frog spawn – tadpole – frog
 - baby and adult animals e.g. foal – horse, kitten – cat, puppy - dog
- **Forming positive relationships**
 - who is in my family?
 - who are my friends?
 - what makes a good friend?
 - getting on and falling out
 - working together
- **Keeping clean**
 - Why is it important to keep clean?
 - How do we keep clean? E.g. brush teeth, wash/bathe, clean clothes, brush hair etc.
 - What are germs and how do they spread? E.g. using tissues / washing hands after visiting the toilet and before eating etc.
- **The role of doctors and other health professionals**
 - Who looks after us when we are ill?
 - how do doctors and nurses help people?
- **Making the right choices**
 - sharing and taking turns
 - using our manners and being polite
 - being honest
 - being responsible e.g. tidying up after self, not arguing etc.
- **Keeping Safe**
 - NSPCC 'PANTS' rule:
our body belongs to us we can tell a safe adult if we feel upset or worried



Activity Samples

This page contains a sample of the worksheets that may be used in your child's class to support their learning in RSHE.

Name: _____

Cut out the pictures and put them in the right order.

Estimate how old the person is in each picture.

Class survey

Name: _____

Find out the number of children in your class with these characteristics. Write the totals in the boxes.

blond hair <input type="checkbox"/>		curly hair <input type="checkbox"/>		brown hair <input type="checkbox"/>		straight hair <input type="checkbox"/>	
short hair <input type="checkbox"/>		glasses <input type="checkbox"/>		blue eyes <input type="checkbox"/>		freckles <input type="checkbox"/>	

Choose another characteristic to investigate.

TALK PANTS AND STAY SAFE, LIKE PANTOSAURUS

PRIVATES ARE PRIVATE

ALWAYS REMEMBER YOUR BODY BELONGS TO YOU

NO MEANS NO

TALK ABOUT SECRETS THAT UPSET YOU

SPEAK UP, SOMEONE CAN HELP

NSPCC EVERY CHILDHOOD IS WORTH FIGHTING FOR

Life cycles

Name: _____

Cut out the pictures and put them in order to show the life cycles.

Can you think of any other life cycles?