



## EYFS Relationships Education, Relationships and Sex Education (RSE) and Health Education Progression

ELG (End of Reception)	<p><b>ELG: Self Regulation</b></p> <ul style="list-style-type: none"><li>• Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;</li><li>• Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;</li><li>• Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</li></ul> <p><b>ELG: Managing Self</b></p> <ul style="list-style-type: none"><li>• Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;</li><li>• Explain the reasons for rules, know right from wrong and try to behave accordingly;</li><li>• Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices.</li></ul> <p><b>ELG: Building Relationships</b></p> <ul style="list-style-type: none"><li>• Work and play cooperatively and take turns with others;</li><li>• Form positive attachments to adults and friendships with peers;</li><li>• Show sensitivity to their own and to others' needs.</li></ul>							
Greenbank EYFS Composite knowledge (Taken from Jigsaw PSHE Progression map)								
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Physical Health and Mental Wellbeing	<ul style="list-style-type: none"> <li>• Understand how feeling happy or sad can be expressed</li> <li>• Knows how it feels to be proud</li> <li>• Know why they are special and unique</li> <li>• Know what a challenge is</li> <li>• Begin to show resilience when facing challenges</li> <li>• Name some parts of the body</li> <li>• Begin to talk about how they can stay healthy</li> <li>• Know how to wash hands</li> <li>• Begin to understand that we all start as babies and grow into children</li> <li>• Know that they grow and change</li> <li>• Talk about happy memories</li> </ul>	<ul style="list-style-type: none"> <li>• Know special things about themselves</li> <li>• Know how happiness and sadness can be expressed</li> <li>• Know the names of some emotions such as happy, sad, frightened, angry</li> <li>• Know how to use Jigsaw's Calm Me to help when feeling angry</li> <li>• Know some reasons why others get angry</li> <li>• Know who to talk to if they are feeling worried</li> <li>• Know that sharing how they feel can help solve a worry</li> <li>• Know that remembering happy times can help us move on</li> <li>• Know what the word 'healthy' means</li> <li>• Know some things that they need to do to keep healthy</li> <li>• Know the names for some parts of their body</li> <li>• Know when and how to wash their hands properly</li> <li>• Know that they need to exercise to keep healthy</li> <li>• Know how to help themselves go to sleep and that sleep is good for them</li> <li>• Know what to do if they get lost</li> <li>• Know the names and functions of some parts of the body</li> <li>• Know that we grow from baby to adult</li> </ul>
Vocabulary		
Kind, gentle, friend, similar, different, rights, responsibilities, feelings, angry, happy, sad, excited, frightened, nervous, sharing, taking turns, different, special, proud, same, dream, goal, challenge, ambition, perseverance, achievement, healthy, exercise, head, shoulders, knees, toes, eyes, foot, ear, mouth, tongue, finger, stomach, hand, sleep, wash, clean, stranger, scare, relationship, lonely, argue, fall-out, baby, grown-up, adult, change, worry, excited, memories		

## Key Experiences

### Nursery & Reception

- Weekly Jigsaw lessons
- Circle games
- Turn taking games
- Visits from doctors/nurses, school cook to discuss how to stay healthy
- Visits from babies and older members of the community to observe human lifecycle
- Visits from people who help us e.g. fire service
- Photographs of different types of families, communities and homes
- Use of Seesaw to allow children to share information and photographs of their community, traditions and experiences

## Continuous Provision opportunities

- Wide range of provision e.g. role play, creative, construction, small world, to allow children to make their own choices
- Open ended resources to support children in thinking of ideas and setting goals e.g. wooden blocks
- Small world resources representing different races, cultures and environments
- Turn taking games e.g. simple board games
- Dolls and domestic role play opportunities