



CCHT EYFS Personal, Social, Health, Economics Education

Relationships	<p><u>Families and People who care for me & Caring Friendships</u> Name the people who they live with and their relationships to them. Forms positive relationships with adults and children. Can name and talk about behaviours that keep us safe and happy in school and home. Knows how to get help if somebody upsets or hurts them.</p> <p><u>Respectful Relationships</u> Plays co-operatively with others, sharing and taking turns. Has own ideas/opinions and the confidence to talk about these with trusted people. Knows that their actions/words affect others. Knows that people are all different and enjoy different things. Can name something that makes them special.</p> <p><u>Relationships</u> Recognises, offline, that anyone can say 'no' / 'please stop' / 'I'll tell' / 'I'll ask' to somebody who makes them feel sad, uncomfortable, embarrassed or upset.</p> <p><u>Being Safe</u> Know some ways to keep safe in the classroom and playground, including safe use of resources. Knows who and how to ask for help if something is upsetting or hurting them. Can explain what a stranger is. Recognises the potential danger that strangers can pose.</p>
Health and Wellbeing	<p><u>Mental wellbeing</u> Names basic emotions and can recognise some actions which demonstrate these emotions, such as crying or smiling.</p> <p><u>Physical Health and Fitness</u> Can identify some foods that contribute to being healthy. Can identify some foods that are not as healthy. Knows that regular exercise keeps us healthy. Knows how to keep clean and why this is important – brushing teeth, washing hands, bathing.</p> <p><u>My body and consent</u> Understands that their body belongs to them. Understands that certain parts of their bodies are private – NSPCC PANTS rule.</p>
Living in the Wider World	<p>Knows how to take risks and manage their own safety. Knows how to get help if they need it. Recognises an emergency situation and can call for help – including calling 999. Can identify some key jobs/roles in their community. Knows that we use money to buy things.</p>

Ongoing through year:

Demonstrate kind behaviour.

Listen appropriately.

Children know how and where to get help if they need it.

Vocabulary:

Hand washing

Brushing teeth

Clean

Germs

Boy

Girl

Same

Different

Face

Hair

Skin

Happy

Sad

Scared

Angry

Stranger

Sharing

Technology – computer, tablet, phone.

Healthy

Fruit

Vegetables

Exercise

Safety

Key jobs – police officer, shop worker, librarian, fire service, paramedic, doctor, teacher.