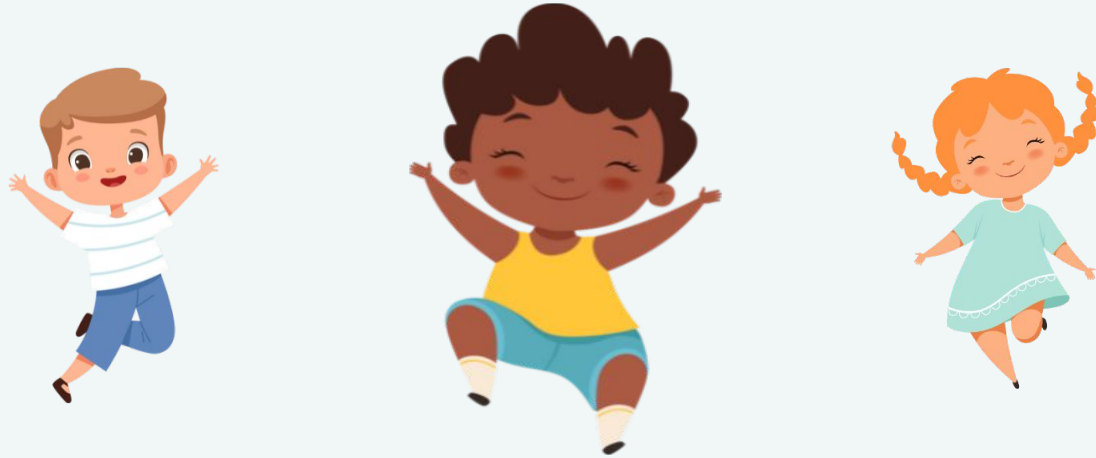


Content Overview - Reception

Early Learning Goals

The LifeWise PSHE Programme

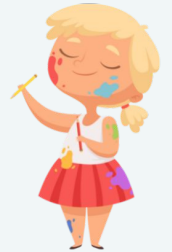


Introduction

The early years foundation stage (EYFS) sets standards for the learning, development, and care of children from birth to 5 years old. All schools and Ofsted-registered early years providers must follow the EYFS, including childminders, preschools, nurseries and school reception classes; LifeWise respects and adheres to the Statutory framework for the early years foundation stage.

The Early Learning Goals are not used as the curriculum but **build upon** the wide variety of rich experiences that are crucial to child development, from being read to frequently, to playing with friends. LifeWise observes non-statutory guidance from the Development Matters Curriculum and has devised a PSHE programme where learning opportunities are carefully planned to help children meet their developmental milestones.

LifeWise encourages an enquiry, play-based curriculum which aims to foster a love of learning and inspires the children to ask and answer their own questions. The activities support the development and achievement of their Early Learning Goals.



Topic Information

Research has shown how important it is, for children's overall academic achievement, to have a good foundation to their learning in the Early Years but that it must also be supported by a robust and planned development of the personal, social and health education that underpins well-being. The individual topics of LifeWise PSHE in the foundation stage are tied together by the development of the key skills and attributes which pupils need to thrive both in their early years and throughout their childhood.

These key skills and attributes – such as self-management, empathy, critical thinking, communication, resilience, teamwork and negotiation – are crucial to pupils' life chances. It is vital to acknowledge the starting points of children, and the LifeWise programme recognises that children will bring differing levels of knowledge and understanding to any issue explored through PSHE.



Learning goals

The central focus of each PSHE lesson is based upon the Early Learning Goals of:

- **Personal, Social and Emotional Development**
- **Communication and Language**
- **Understanding the World**



Integrated learning goals

LifeWise has linked the challenges and continuous provision to the remaining four Early Learning Goals of: Literacy, Mathematics, Physical Development and Expressive Arts. The PSHE lessons complement the whole school curriculum and ensure that children can develop holistically in terms of reaching developmental goals.



EYFS Early Learning Goals

EYFS Development Matters: Playing & Exploring, Active Learning, and Creative & Thinking Critically support children's learning across all areas

Area of learning	Early Learning Goal	Children at the expected level of development will
Communication and Language	Listening, Attention and Understanding	<ul style="list-style-type: none">→ Listen attentively and respond to what they hear with relevant questions, comments and actions when being read to and during whole class discussions and small group interactions;→ Make comments about what they have heard and ask questions to clarify their understanding;→ Hold conversation when engaged in back-and-forth exchanges with their teacher and peers.
	Speaking	<ul style="list-style-type: none">→ Participate in small group, class and one-to-one discussions, offering their own ideas, using recently introduced vocabulary;→ Offer explanations for why things might happen, making use of recently introduced vocabulary from stories, non-fiction, rhymes and poems when appropriate;→ Express their ideas and feelings about their experiences using full sentences, including use of past, present, and future tenses and making use of conjunctions, with modelling and support from their teacher

EYFS Early Learning Goals

EYFS Development Matters: Playing & Exploring, Active Learning, and Creative & Thinking Critically support children's learning across all areas

Area of learning	Early Learning Goal	Children at the expected level of development will
Understanding the World	People, Culture and Communities	<ul style="list-style-type: none">→ Describe their immediate environment using knowledge from observation, discussion, stories, non-fiction texts, and maps;→ Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class;→ Explain some similarities and differences between life in this country and life in other countries, drawing on knowledge from stories, non-fiction texts and – when appropriate – maps.
	The Natural World	<ul style="list-style-type: none">→ Explore the natural world around them, making observations and drawing pictures of animals and plants;→ Know some similarities and differences between the natural world around them and contrasting environments, drawing on their experiences and what has been read in class;→ Understand some important processes and changes in the natural world around them, including the seasons and changing states of matter.

EYFS Early Learning Goals

EYFS Development Matters: Playing & Exploring, Active Learning, and Creative & Thinking Critically support children's learning across all areas

Area of learning	Early Learning Goal	Children at the expected level of development will
	Past and Present	<ul style="list-style-type: none">→ Talk about the lives of the people around them and their roles in society;→ Know some similarities and differences between things in the past and now, drawing on their experiences and what has been read in class;→ Understand the past through settings, characters and events encountered in books read in class and storytelling;
Personal, Social and Emotional Development	Self-Regulation	<ul style="list-style-type: none">→ Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;→ Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;→ 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.
	Managing Self	<ul style="list-style-type: none">→ Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;→ Explain the reasons for rules, know right from wrong and try to behave accordingly;

EYFS Early Learning Goals

EYFS Development Matters: Playing & Exploring, Active Learning, and Creative & Thinking Critically support children's learning across all areas

Area of learning	Early Learning Goal	Children at the expected level of development will
Literacy	Word Reading	<ul style="list-style-type: none">→ Say a sound for each letter in the alphabet and at least 10 digraphs;→ Read words consistent with their phonic knowledge by sound-blending;→ Read aloud simple sentences and books that are consistent with their phonic knowledge, including some common exception words.
	Writing	<ul style="list-style-type: none">→ Write recognisable letters, most of which are correctly formed;→ Spell words by identifying sounds in them and representing the sounds with a letter or letters;→ Write simple phrases and sentences that can be read by others.
Mathematics	Number	<ul style="list-style-type: none">→ Have a deep understanding of number to 10, including the composition of each number;→ Subitise (recognise quantities without counting) up to 5;→ Automatically recall (without reference to rhymes, counting or other aids) number bonds up to 5 (including subtraction facts) and some number bonds to 10, including double facts.

EYFS Early Learning Goals

EYFS Development Matters: Playing & Exploring, Active Learning, and Creative & Thinking Critically support children's learning across all areas

Area of learning	Early Learning Goal	Children at the expected level of development will
	Comprehension	<ul style="list-style-type: none">→ Verbally count beyond 20, recognising the pattern of the counting system;→ Compare quantities up to 10 in different contexts, recognising when one quantity is greater than, less than or the same as the other quantity;→ Explore and represent patterns within numbers up to 10, including evens and odds, double facts and how quantities can be distributed equally.
Expressive Arts and Design	Creating With Materials	<ul style="list-style-type: none">→ Safely use and explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form, and function;→ Share their creations, explaining the process they have used;→ Make use of props and materials when role playing characters in narratives and stories.
	Being Imaginative and Expressive	<ul style="list-style-type: none">→ Invent, adapt and recount narratives and stories with peers and their teacher;→ Sing a range of well-known nursery rhymes and songs;→ Perform songs, rhymes, poems and stories with others, and – when appropriate try to move in time with music.

EYFS Early Learning Goals

EYFS Development Matters: Playing & Exploring, Active Learning, and Creative & Thinking Critically support children's learning across all areas

Area of learning	Early Learning Goal	Children at the expected level of development will
Physical Development	Gross Motor Skills	<ul style="list-style-type: none">→ Negotiate space and obstacles safely, with consideration for themselves and others;→ Demonstrate strength, balance and coordination when playing;→ Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
	Fine Motor Skills	<ul style="list-style-type: none">→ Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases;→ Use a range of small tools, including scissors, paint brushes and cutlery;→ Begin to show accuracy and care when drawing

PSHE topic is pitched in: Planting our Food - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
Grow a plant board game							
Follow a recipe							
The foodies							

PSHE topic is pitched in: Plants We Can Eat - Part 2

Leaf Bingo							
Edible plant parts							
Grow your own							

PSHE topic is pitched in: Cities, Towns, Land and Sea - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
Map symbols	Dark Blue	Light Blue				Light Green	Purple
Plan views	Dark Blue	Light Blue					Purple
Working wall		Light Blue	Blue	Orange	Red	Light Green	Purple

PSHE topic is pitched in: Cities, Towns, Land and Sea - Part 2

Town mouse or country mouse?				Orange		Light Green	Purple
Recount story and storyboards				Orange	Red		
Can you imagine planting a field/ harvesting/ fishing/being in an office?	Dark Blue	Light Blue	Blue			Light Green	Purple

PSHE topic is pitched in: Gentle Hands and Hearts - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
Helping Hands art chain	Blue		Blue	Orange		Green	Purple
Learning to sign	Blue	Light Blue	Blue	Orange		Green	
'I love you' - art love		Light Blue		Orange		Green	Purple

PSHE topic is pitched in: Gentle Hands and Hearts - Part 2

Loud and Soft		Light Blue					Purple
How many hands?		Light Blue			Red	Green	
Helping hands		Light Blue	Blue				Purple

PSHE topic is pitched in: Taking Good Care of Myself - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
Discussion on what is required for hand hygiene	Blue	Light Blue				Green	Purple
Making puppets	Blue					Green	Purple
Role play and wall art				Orange		Green	Purple

PSHE topic is pitched in: Taking Good Care of Myself - Part 1

Washing station	Blue	Light Blue	Blue			Green	
Germ team game	Blue	Light Blue			Red		
Hopes and wishes trees			Blue			Green	

PSHE topic is pitched in: Being Curious - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
Sink or float game							
Catch a falling star sensory bin							
Curiosity suitcases							

PSHE topic is pitched in: Being Curious - Part 2

Surface of the moon experiment							
Papier mache moon							
Role play and space-themed maths							

PSHE topic is pitched in: Managing Feelings - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
Emotion games and mimes							
Emotions snap, sorting and matching card games							
Emotions of the week boards							

PSHE topic is pitched in: Managing Feelings - Part 2

All About Me Passport							
Circle time favourites							
All Change project							

PSHE topic is pitched in: Sleep - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
Introductory meditation							
Stock-take tidy up							
Patterns							

PSHE topic is pitched in: Sleep - Part 2

Guided meditation							
Bring out the stars quiz							
Can you sleep, little bear?							

PSHE topic is pitched in: The Great outdoors - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
Welly toss							
Sharks							
Parachutes							

PSHE topic is pitched in: The Great outdoors - Part 2

Match the cards							
Worksheets							
Care in the Sun							

PSHE topic is pitched in: Trusted Adults - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
Drawing trusted adults							
'I feel safe' worksheet							
Trusted adults wall display							

PSHE topic is pitched in: Trusted Adults - Part 2

Junk modelling of emergency vehicles							
Song – five little children – what emergency service do they need?							
Occupations							

PSHE topic is pitched in: Animals - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
Secret messages							
Running an obstacle course							
Smells investigations							

PSHE topic is pitched in: Animals - Part 2

Pretend to be game							
Animal art							
Pet days							

PSHE topic is pitched in: Fire Safety - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
Firesafe kids - worksheets							
Role play scenarios							
Regular fire drill							

PSHE topic is pitched in: Fire Safety - Part 2

Be a dog!							
Firefighter game							
People who help us							

PSHE topic is pitched in: Water Safety - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
Describing water							
Beach ball safety							
People who help us - coastguards							

PSHE topic is pitched in: Water Safety - Part 2

What shall we pack?							
Storytime							
People who help us - lifeguards							

PSHE topic is pitched in: Follow My Lead - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
Sharing Blns							
Copycats							
Board Games							

PSHE topic is pitched in: Follow My Lead - Part 2

Puzzle Pieces							
Special Drawing							
Tower and Model Building							

PSHE topic is pitched in: Making Mistakes - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
The most magnificent thing	Dark Blue	Light Blue	Blue	Orange		Light Green	
Classifying and Counting					Red	Light Green	
Mazes		Light Blue	Blue		Red	Light Green	Purple

PSHE topic is pitched in: Making Mistakes - Part 2

The Brain House	Dark Blue	Light Blue	Blue			Light Green	
Volcano		Light Blue	Blue			Light Green	Purple
Colour Mixing	Dark Blue					Light Green	Purple

PSHE topic is pitched in: Road Safety - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
Pavement Practice	Dark Blue	Light Blue	Blue				
Toy Cars				Orange		Green	
Real Roads	Dark Blue	Light Blue	Blue				

PSHE topic is pitched in: Road Safety - Part 2

Rollerblading, Scooting, Cycling	Dark Blue	Light Blue	Blue				Purple
Colour Me Bright						Green	Purple
Online challenge	Dark Blue	Light Blue	Blue				

PSHE topic is pitched in: Sharing - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
Sharing							
Musical Patterns							
Snacks							

PSHE topic is pitched in: Sharing - Part 2

Kindness Display							
Teamwork games							

PSHE topic is pitched in: Sounds, Music and Noise - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
What does a cow say?							
Singing together							
Performance area							

PSHE topic is pitched in: Sounds, Music and Noise - Part 2

Coordination							
Golden							
Junk modelled instruments							

PSHE topic is pitched in: Technology - Part 1

Challenge activities and continuous provision	Physical Development	Personal, Social, Emotional Development	Understanding the World	Literacy	Mathematics	Communication and Language	Expressive Arts and Design
Cup and string phone							
Inventions							
Sorting							

PSHE topic is pitched in: Technology - Part 2

Safe song							
Listing benefits							
Safety poster							

LifeWise. We're passionate about PSHE.

If you have any questions please contact the
team on schools@lifewise.co.uk

