

Sex and Relationships Education – Foundation Stage- Our Lives

Theme	Learning Intention	Learning Outcomes	Vocabulary	Early Learning Goals for Prime Areas	Thoughts for parents
Our Day Settling in to school and transition	To consider the routines & patterns of a typical day.	Understanding some areas in which the children can look after themselves. E.g. dressing & undressing.	Dress Undress Clean Smelly Flannel Sponge Towel Hands Toothpaste Toothbrush	Physical Development Health & Self-care Personal social and emotional development Making relationships	<ul style="list-style-type: none"> • Can your child dress themselves? • Practise putting on socks & shoes • Practise putting on their clothes. • Can they do up their coat? • Can they use a knife, fork and spoon?
Keeping ourselves clean	To understand why hygiene is important.	Explain why it is important to keep clean. Understand some basic hygiene routines. Visit from the dentist.	Hairbrush Comb Family Mum Dad Brother Sister Grandma Grandad Stepmum Stepdad Pants Private No	RE Links - -Myself -Growing -Friends	<ul style="list-style-type: none"> • Make sure that your child is able to independently keep themselves clean by: -washing their hands with soap -wiping their bottom -Brushing their teeth
God loves each of us in our uniqueness. Families To recognise that all families are different. To know that before they were born that they grew in mummy's womb for 9 months.	Children know and understand that God has made them unique & that although we are all different we are all special to him.	Identify differently members of the family. Understand how members of the family can help each other. Physical- Looking at differences. Social- Playing together. Emotional- Friendships and describing friends.	Journey in Love God, unique, different, special, eyes, hair, boy, girl, hands, fingers,		<ul style="list-style-type: none"> • Draw a picture of your family & talk about different relationships • Talk about who they can trust if they are worried about something. • Practise writing, recognising and knowing our names. • Reading stories about friends. • Talk to your child about their friendships.

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		<p>Intellectual- Describe a good friend.</p> <p>Spiritual- Is Jesus our friend? Jesus welcomes the little children. Who is the mother of Jesus?</p>	name, family, love, womb, describe		
Pants Rule	To understand that some parts of the body need to be kept private.	<p>-Privates are private.</p> <p>-Always remember your body belongs to you</p> <p>-No is no.</p>			<ul style="list-style-type: none"> • With the help of the friendly dinosaur on the NSPCC website talking PANTS is a simple way to teach your child how to keep safe from abuse.
<p>Resources-</p> <p>Journey in Love PowerPoints NSPCC PANTS resources Come & See Refer to Come and See planning PSHE Books (saying sorry, sharing, happy, sad, angry) Friendship Books (Elmer, Rainbow fish, Fox makes friends...)</p>					