



*In the Light of Jesus
we Learn to Shine*

Relationships, Sex and Health Education – Early Years Foundation Stage (EYFS)

Our Lives

Theme	Learning Intention	Learning Outcome	Vocabulary	Subject Links	Thoughts for parents
Physical Development Health and Self-Care	To consider the routines and patterns of a typical day.	Understand some areas in which the children can look after themselves e.g. dressing and undressing.	dress, undress, clean, smelly, flannel, sponge, towel, hands, toothpaste, toothbrush, hairbrush, comb	Maths: Measurement (Time)	Can your children dress themselves? Practise putting on shoes and socks. Practise putting on own clothes. Practise days of the week. Talk about regular events. Share family calendar. Can they do up their zip? Can they use a knife, fork and spoon?
Physical Development Health and Self-Care	To understand why hygiene is important.	Explain why it is important to keep clean. Understand some basic hygiene routines.	dress, undress, clean, smelly, flannel, sponge, towel, hands, toothpaste, toothbrush, hairbrush, comb	KS1/2 Science	Make sure that your child is able to independently keep themselves clean by: washing their hands with soap, wiping their bottom, brushing their teeth. Regular trips to the dentist. Sharing stories with these routines.

<p>Physical, Social and Emotional Development Making Relationships</p>	<p>To recognise that all families are different.</p>	<p>Identify different members of the family.</p> <p>Understand how members of a family can help each other.</p>	<p>family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad, God, unique, different, special, eyes, hair, boy, girl, hands, fingers</p>	<p>NORES</p> <p>Journey in Love: To recognise the joy of being a special person in my family.</p> <p>To celebrate the joy of being a special person in God's family.</p>	<p>Draw a picture of your family and talk about different relationships. Talk about who they trust if they are worried about something. Practise writing, recognising and knowing own name (s). Reading stories about friends. Talk to your child about their friendships.</p>
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