

What is covered in Reception?

Self-regulation: My feelings

In this unit, children are learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.



Building relationships: Special relationships

In this unit, children are learning to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences.



Managing self: My wellbeing

In this unit, children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.



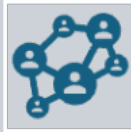
Managing self: Taking on challenges

In this unit, children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills that will help them show resilience and perseverance in the face of challenge.



Building relationships: My family and friends

In this unit, children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.



Self-regulation: Listening and following instructions

In this unit, children will learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.



PERSONAL, SOCIAL & HEALTH EDUCATION (PSHE) - RECEPTION PARENT INFORMATION



Anagh Coar Primary School
2024



What is PSHE?

Our Kapow PSHE lessons aim to give the children the knowledge, skills and attitudes that they need to effectively navigate the complexities of life in the 21st Century. The curriculum covers key areas which will support children to make informed choices now and in the future around healthy, safety, wellbeing, relationships and financial matters and will support them in becoming confident individuals and active members of society.

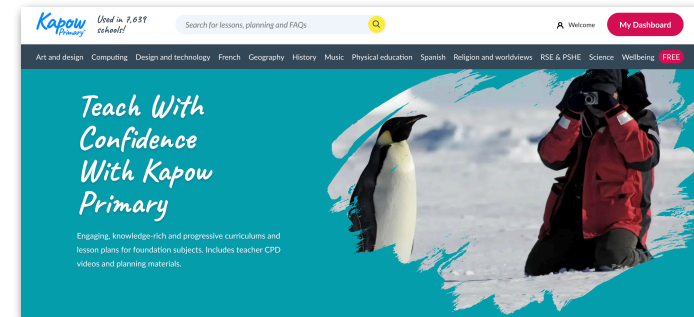


Why have we chosen Kapow?

We have chosen Kapow to deliver our PSHE lessons as we feel it is an engaging programme with coverage of all the key issues we feel our children need to learn about. The scheme uses a range of teaching and learning activities which are based on good practice in teaching PSHE education to ensure that all children can access learning and make progress. In each year group, an introductory lesson provides the opportunity for children and teachers to negotiate ground rules for the lessons. These introductory lessons can then be referred to throughout the year to help create a safe environment. As with all our subjects at Anagh Coar, all lessons within PSHE include ideas for differentiation to stretch the most able learners and give additional support to those who need it. In many lessons, stories, scenarios, and video clips provide the opportunity for children to engage in real life and current topics in a safe and structured way. Role-play activities are also included to help children play out scenarios that they may find themselves in.

There are meaningful opportunities for cross-curricular learning, in particular with computing for online safety and science for growing, nutrition, teeth, diet and lifestyle. The scheme provides consistent messages throughout the age ranges including how and where to access help.

As the children progress through their years at Anagh Coar, they can utilise their PSHE learning within their daily lives, from dealing with friendship issues, to resilience, to making healthy choices and knowing where and how to get help when needed. The overall aim is for children to be able to make informed choices and decisions.



You can find out more about this scheme on their website - although this is mainly geared towards education staff to use to help them to understand and deliver what needs to be taught.

<https://www.kapowprimary.com>