



PSED – Reception – Medium Term Plan
Autumn 1, Unit 1: Positive Relationships, Unit 2: Look What I can do!



Lesson	Learning Objective	EY PSED Goals	Vocabulary	Resources
One: My Solution Wheel	Understand how to resolve conflicts.	BR - Work and play cooperatively and take turns with others.	Core: Friends, friendship, play, share, listen, helpful, kindness, together, conflict, problems, arguments, unkind, push, spin, wheel, solve, solution. Extended: Relationships, peers, resolving conflict, disagreement.	split pins, colouring pencils, scissors.
Two: Friendship Recipe	Understand what makes a good friend.	BR - Form friendships with peers.	Core: Friends, friendship, play, share, listen, help, kind, kindness, together, making friends, smile, laugh, helping others, kindness, partners, drizzle, scoop, sprinkle, pinch, spoonful, bake, ingredients, cake. Extended: Relationships, peers, bonding, teamwork, positive relationships, caring, support, thoughtful, qualities.	large bowl, pencils.
Three: Let's Be Friends	Gain confidence in making friends.	BR - Form friendships with peers.	Core: Friends, friendship, play, share, listen, help, kind, kindness, together, making friends, smile, laugh, helping others, partners, pairs, animals, matching, same, different, ask, answer. Extended: Relationships, peers, bonding, teamwork, positive relationships, caring, support, thoughtful.	a method for playing music.
Four: I Love Them Because	Discuss families and people who are important to us.	BR - Form positive attachments to adults	Core: Love, special, family, people, characters, parent, special person, friend, grown-up, adult, mum, mummy, dad, daddy, auntie, uncle, cousin, grandma, grandpa, nanny, grandad, brother, sister, baby, toddler, twins, triplets, stepdad, stepmum, stepsister, stepbrother, half-sister, half-brother, big, little. Extended: Teenager, grandparents, blended family, foster parents, foster mum, foster dad, older, younger, carers, guardian, important, significant.	pencils and colouring pencils.
One: Which Way Should I Go?	Following simple instructions.	MS - Show an ability to follow instructions involving several ideas or actions.	Core: Listen, instructions, follow, find, look, forwards, backwards, left, right, move, direction, around, tyre, drive, start, finish. Extended: Listening, steps, focus, information.	Small round-edged toys/items, such as counters to move on the mats.

Two: Our Class Tidy-Up Checklist	Understand the importance of tidying up.	MS - Give focused attention to what the teacher says, responding appropriately even when engaged in activity.	Core: Tidy, clean, help, tidying, tidy-up time, teamwork, mess, clear up, checklist, away, homes, areas, lids, rubbish, bin, toys, activities, resources. Extended: Contribute, responsibility, clearing, helping.	large piece of paper, coloured pens.
Three: Me and My Clothes	Understanding different types of clothing and what they are used for. Practising getting dressed and undressed.	MS - Manage their own basic hygiene and personal needs, including dressing.	Core: Dress, dressed, undressed, in, out, on, off, arm, leg, head, body, left, right, hat, scarf, top, jumper, shirt, top, trousers, skirt, dress, belt, shoes, socks, buttons, zips, pull, push, through, sleeve. Extended: Choice, culture, tradition, traditional, preference, like, dislike, feel, taste	a large box or treasure chest, a selection of clothes.
Assessment:				
1.				



PSED – Reception – Medium Term Plan
Autumn 2, Unit 3: Being Safe



Lesson	Learning Objective	EY PSED Goals	Vocabulary	Resources
One: Staying Safe Online	Understand ways to stay safe online.	MS - Explain the reasons for rules, know right from wrong and try to behave accordingly.	Core: Online, Internet, devices, screens, computers, videos, shows, TV, games, television, watch, safe, staying safe, adult, trust, friends, family, stranger, information, true, false, unkind, film, video, teach. Extended: Games console, information, facts, research, safely, safety, real, fake, facts.	tablet or another method of recording the children to create a video.
Two: Staying Safe When Out and About	Understand ways to stay safe when out and about.	MS - Explain the reasons for rules, know right from wrong and try to behave accordingly.	Core: Road, safety, crossing, zebra crossing, safe, cars, lights, shine, danger, bikes, scooters, helmets, stop, look, listen, think, busy, safely, lost, safer strangers, help, water, swimming, rivers, ponds, lakes, level crossing, trains. Extended: Hazard, dangerous, risk, pedestrians, trusted adult, help, stranger, awareness, careful, beware, warning.	props that can be used to support scenarios such as helmets, blue material, toys, dressing up, sun hats, props for roads, phones and balls.
Three: Can I Eat It?	Understand when things are safe to eat.	MS - Explain the reasons for rules, know right from wrong and try to behave accordingly.	Core: Eat, drink, safe, unsafe, sick, unwell, cleaning products, bleach, medicine, food, dangerous, packaging, warning. Extended: Hazard, hazard symbols, risk, trusted adult, help, stranger, awareness, careful, beware, edible.	empty packaging containing hazard symbols, such as cleaning products and medicines.

Four: Things That Are Hot	Identifying and understanding	MS - Explain the reasons for rules, know right from wrong and try to behave accordingly.	Core: Hot, burns, danger, safe, unsafe, hurt, care, safety, careful, heat, flames, fire, cooking, camping, boiling, kettle, stove, burning, fire, smoking, steaming, risk, cool, warm, design, draw, poster. Extended: Scalds, carefully, hazards, flammable, dangerous, appliances.	N/A
Five: Staying Safe by the Road	Understand aspects of road safety	MS - Explain the reasons for rules, know right from wrong and try to behave accordingly.	Core: Road, safety, crossing, zebra crossing, safe, cars, lights, shine, danger, pavement, path, vehicles, vans, lorry, motorbike, bikes, scooters, helmets, stop, look, listen, think, busy, safely, lollipop person, journey, travel, move, walk. Extended: Pelican crossing, puffin, toucan, pegasus, visible, traffic, trusted, alert, route, journey, location, school crossing patrol, hazard, pedestrians.	Resources to make a town scene, such as a small-world road, vehicles, people, houses and other props.
Assessment:				
2.				



PSHE – Reception ... – Medium Term Plan
Spring 1, Unit 4: Me and My World, Unit 5: Working Together



Lesson	Learning Objective	EY PSED Objectives	Vocabulary	Resources
One: Looking After Our World	Understanding ways to help the environment.	Understanding the World Links	Core: Environment, world, care, protect, litter, electricity, water, plant, look after, town, river, jungle, forest, beaches, mountains, desert, city, park, recycle, plastic,	N/A

			paper, food, cardboard, batteries, clothes, shoes, glass, tin, metal. Extended: Planet, Earth, natural, recyclable, materials, reducing, appliances, reusable.	
Two: When I Grow Up	Talk about different occupations.	Understanding the World Links	Core: Jobs, police officer, nurse, mail carrier, dentist, vet, teacher, firefighter, chef, electrician, farmer, train driver, hairdresser, builder, car mechanic, uniform, help, artist, grow-up, enjoy, interests, talents. Extended: Occupation, community, career.	writing pencils and colouring pencils
Three: People Who Help Us in the Community	Understanding who helps us within our communities.	Understanding the World Links	Core: Help, people, community, job, police officer, nurse, doctor, mail carrier, dentist, road worker, foodbank, paramedics, librarians, firefighter, lifeguard, lunchtime supervisor, vets, teacher, lollipop people. Extended: Helpful, mountain rescue, park ranger, park warden, lifeboat crew, caretaker, refuse collector, childminder, midwife, bus driver, coast guard	Resources for continuous provision activities
Four: Families Around the World	Learning about people around the world.	Understanding the World Links	Core: World, people, around the world, weather, food, flags, languages, country, place, different, special, celebrate, kindness, Brazil, Norway, India, Kenya, England, compare, family, visit, kindness, label, stick. Extended: Currency, culture, traditions, differences, similarities, respect, languages, clothing.	N/A
One: How Might They Be Feeling?	Understand how others might be feeling.	SR - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.	Core: Feelings, happy, sad, angry, excited, scared, surprised, discussing feelings, showing emotion, facial expression, body language, turn, match, pair. Extended: Emotions, worried, uncomfortable emotions, sensations, cross, upset, overwhelmed, shocked, empathy.	N/A
Two: Island Rescue	Understand the importance of teamwork	BR – Work and play cooperatively and take turns with others	Core: Teamwork, together, help, listen, instructions, share, island, escape, rescue, ideas, ocean, discuss, kindness, build, blocks, crates, planks. Extended: Collaboration, collaborate, build, construct, stranded, communicate, respect.	N/A
Assessment: 3.				



PSED – Reception – Medium Term Plan
Spring 2, Unit 5 (continued): Working Together, Unit 6: How I Feel



Lesson	Learning Objective	EY PSED Objectives	Vocabulary	Resources
Three: Show and Share	Understand the importance of sharing.	BR – Work and play cooperatively and take turns with others	Core: Share, together, kindness, special, objects, friend, caring, special, toys, play, taking turns, fair, show. Extended: Discuss, explain, sharing, collaboration, objects.	special objects from home for sharing.
Four: My Turn-Taking Wand	Understand the importance of turn-taking	BR – Work and play cooperatively and take turns with others	Core: Taking turns, turn-taking, sharing, my turn, your turn, share, wait, fair, feelings, wand, make, cut, stick, colour. Extended: Patience, game, playing.	scissors, glue, sticky tape, paper straws or lolly sticks, colouring pens or pencils.
One: My Likes and Dislikes	Recognise how to regulate emotions.	SR - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.	Core: Taking turns, sharing, feelings, happy, sad, angry, excited, emotions, surprised. Extended: Frustrated, challenging, disappointed, worried, uncomfortable emotions, sensations, cross, upset, overwhelmed, shocked, regulating emotions, calming.	A way to play music, pass the parcel, empty box to be used as the calming box, a puppet or soft toy,
Two: Loose Parts Feelings Faces	Identifying and understanding basic emotions.	SR - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.	Core: Feelings, happy, sad, angry, excited, faces, sharing feelings, discussing feelings, loose parts, pictures, objects, showing emotion, create, make build. Extended: Emotions, surprised, worried, uncomfortable emotions, sensations, cross, upset, overwhelmed, shocked, facial expressions, construct.	a camera or method for taking photos, a selection of loose parts
Three: My Magic Box	Gain the confidence to develop their own ideas and share them with others.	BR - Show sensitivity to their own and to others' needs.	Core: Idea, think, magic, special, exciting, adventure, share, draw, label, box, talk. Extended: Opinion, point of view, imagination, unique, individual, describe.	magic box (this could be a decorated cardboard box or a treasure chest), special items for the magic box or the printed "Magic Box Items"

				colouring pencils or pens.
Four: My Opinions	Gain confidence in sharing ideas and opinions.	BR - Show sensitivity to their own and to others' needs.	Core: Idea, kind, share, discuss, opinion, likes, dislike, think, choose, choice, decide, favourite, feel, same, different, differences, thoughts, feelings. Extended: Point of view, respectful, agree, disagree.	mini boards and pens or scrap paper, writing pencils, colouring pencils
Assessment: 4.				



PSED – Reception – Medium Term Plan
Summer 1, Unit 7: My Body, Unit 8: Super Me



Lesson	Learning Objective	EY PSED Objectives	Vocabulary	Resources
One: Healthy Habits	Strategies for looking after our bodies.	MS - Manage their own basic hygiene and personal needs	Core: Healthy, care, body, mind, balance, active, fit, healthy eating, brushing teeth, screen time, sleep, running, jumping, football, dancing, sports, food, fruits, vegetables, sleep, dentist. Extended: Exercise, habits, mental health, wellbeing, limiting, quality, day-to-day, every day.	N/A
Two: A Balanced Diet	Begin to understand what is included in a balanced diet.	MS - Manage their own basic hygiene and personal needs	Core: Healthy, balanced, diet, food, fruit, vegetables, protein, carbohydrates, fats, dairy, alternatives, eat, breakfast, lunch, dinner, drink. Extended: Vitamins, minerals, digestive system, fibre.	a selection of play food or real-life food from all food groups.

Three: Germ Hunt	Understanding the importance of handwashing and hygiene.	MS - Manage their own basic hygiene and personal needs	Core: Germs, clean, hands, handwashing, washing, wash, look, find, tick, unwell, hunt, soap. Extended: Hygiene, healthy, checklist, spreading germs	clipboards, pencils, hand soap, a large bowl of water, paper towels, sticky tack.
Four: My Healthy Smile	Strategies for looking after our teeth MS - Manage their own basic hygiene and personal needs	MS - Manage their own basic hygiene and personal needs	Core: Teeth, tooth, mouth, tongue, gently, clean, brush, dentist, visit, gums, toothbrush, toothpaste, stickers, mirror, chairs, movement. Extended: Hygiene, health, dental, dental nurse, floss, mouthwash, cavity, bristles, action, plaque, bacteria.	toothbrush, toothpaste.
One: What Is Your Superpower?	Identifying and understanding what makes me special	BR - Show sensitivity to their own and to others' needs.	Core: Kind, helpful, sharing, listening, hard-working, fun, friend, laugh, clever, caring, friendly, brave, polite, thoughtful, superpower, superhero, smile, funny, special, different, share, same, interests, hobbies, games, activities, ideas. Extended: Personality, qualities, discuss, unique, creative, inventive, persevering, determined, friendly.	writing pencils and colouring pencils
Two: Our Class Puzzle	Understand and celebrate that everyone is different.	BR - Show sensitivity to their own and to others' needs.	Core: Same, different, likes, dislikes, special, enjoy, family, skills, talents, favourite, puzzle, piece, together, fit. Extended: Appearance, similarities, compare, features, similar, differences, unique, qualities, masterpiece, creating, connect, join, attach, create.	pencils, interactive whiteboard
Assessment: 5,				



Lesson	Learning Objective	EY PSED Objectives	Vocabulary	Resources
Three: Wellbeing Warriors	Understanding strategies for promoting wellbeing.	BR - Show sensitivity to their own needs.	Core: Wellbeing, warrior, healthy, care, body, mind, balance, active, fit, healthy eating, brushing teeth, screen time, sleep, running, jumping, football, dancing, sports, food, balanced diet, sleep. Extended: Exercise, mental health, limiting, quality.	N/A
Four: My Treasure Chest	Recognise and celebrate abilities and achievements	BR - Show sensitivity to their own and to others' needs.	Core: Skills, good at, proud, pride, happy, pleased, share, abilities, achievements, pirate, treasure, treasure chest, coins, celebrate. Extended: Talents, discuss, accomplishment, attainment, target, self-confidence.	N/A
One: Building Resilience	Understanding what resilience is and why it is important	SR - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.	Core: Resilience, resilient, challenge, difficult, help, problem, feelings, calm, breathing. Extended: Emotions, challenges, helping.	N/A
Two: I Can Persevere	Understand what perseverance is and why it is important.	SR - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.	Core: Persevere, give up, difficult, hard, try, help, happy, sad, frustrated, proud, challenge, complete. Extended: Perseverance, persevering, trying, achieving, complete.	a split pin, writing and colouring pencils
Three: Going for Goal	Understand and set simple goals.	SR - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.	Core: Goal, targets, aims, meet, score, proud, try, difficult, challenge, help, differences, setting, ideas, practising, share, work hard. Extended: Achieve, achievement, challenging, perseverance.	pencils, blue tack
Four: I Heard the Magic Word	Developing focused attention.	SR - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.	Core: Concentrate, focus, attention, listen, word, story, magic, garden, tree, Lola. Extended: concentration, focused, attention, distraction, listening.	writing and colouring pencils.
Five: Believe in Me	Developing confidence and self-belief.	BR - Show sensitivity to their own and to others' needs.	Core: Confidence, believe, kind, helpful, sharing, listening, hard-working, fun, friend, laugh, clever, caring, friendly, brave, polite, thoughtful, smile, funny, special, different, share, same, interests, hobbies, games, activities, ideas. Extended: Confidence, self-belief, positive self-talk, positive affirmations, personality, qualities, discuss, unique, creative, inventive, persevering, determined, friendly	writing pencils

Assessment:

6.