

RHE EYFS

Early Years Foundation Stage - Personal, Social and Emotional Development.

Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life. (DFE statutory framework for the early years foundation stage, published March 2021).

In the Early Years Foundation Stage, the following modules are taught from the PSHE Matters programme throughout the year. This runs alongside the Personal, Social and Emotional Development strand of the Early Years Foundation Stage curriculum. Children access a range of activities related to PSHE Matters and Personal, Social and Emotional Development through continuous provision and high-quality adult interactions.

Term	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
PSHE Matters Module	Being Me Drug Education	Exploring Emotions	Relationships Bullying Matters	Changes Growing Up Being Healthy	Being Responsible Being Safe Money Matters	Difference and Diversity