



Caring, Successful,
Happy Learners

Learning Organiser **RSHE: Heroes and Heroines**

FS2

As part of EYFS: Understanding the World, Communication & Language & Personal, social and emotional dev.

Being The Best I Can Be & Respecting Myself and Others

Spring Term

British and School Values				Basic Skills (Reading & Communication)	Personal Development Positive mental and physical well being	Wonderful Words (Vocabulary & Quality Texts)	Memorable Experiences
respect	caring	safety	best				

Key Substantive “sticky” Knowledge I know...	Key Disciplinary Knowledge & Skills I can...
<p>Physical and mental well being</p> <ul style="list-style-type: none"> the importance of healthy food choices and some examples it is important to brush my teeth and how to brush my teeth <p>Relationships (Caring Friendships and Respectful Relationships)</p> <ul style="list-style-type: none"> the names of my friends and how to be a good friend how to listen to others and take a turn in a simple game the word respect and examples of showing respect people can be hurt by unkind words and actions to tell a trusted adult if someone hurts me what bullying is and that it can take place anywhere including on line <p>Keeping Safe</p> <ul style="list-style-type: none"> how to keep safe in familiar and unfamiliar environments eg: at the shops the internet is not always safe and to keep safe on line you need to follow basic rules. <p>School Values: We always do our Best & We respect Everyone and Everything</p> <ul style="list-style-type: none"> how I can do my best and how to show respect 	<ul style="list-style-type: none"> manage my basic hygiene and personal needs work and play cooperatively and take turns with others form positive attachments to adults and friendships with my peers Show sensitivity to my own and others needs describe what bullying is ask for help/ tell a trusted adult if I think someone is bullying me/ I am being bullied

Learning Sequence			
Take 5 programme ongoing		School Values & rules also through assemblies	
	Substantive knowledge I know:	Disciplinary knowledge	Activity
First Half term			
Induction	The school values How I can do my best	Doing my best means trying hard	Discussion Story book “ Doing Your Best”
	The names of my friends and how to be a good friend		Class discussion, naming friends. Drawing me and my friends
1	How to take a turn in a simple game	Work and play cooperatively with others	In continuous provision – modelled by an adult
2	The importance of healthy food choices and some examples		Class discussion
3	It is important to brush my teeth	Manage my personal needs and basic hygiene	Discussion/ You Tube/ NHS
Second Half Term			
1	The school values Respect	Showing respect includes using good manners (saying please and thankyou)	Class discussion
2	People can be hurt by unkind words and actions To tell an adult if someone hurts me	How it makes people feel if someone is unkind (sad, unhappy)	Class discussion
3	What bullying is and it can take place anywhere including online		Class discussion
4	The internet is not always safe and how to keep safe on line		Class discussion
5	how to keep safe in familiar and unfamiliar environments eg: at the shops		Class discussion

Prior Knowledge I remember	Wonderful Words Key Vocabulary		Planned Experiences and Enrichment
Physical and mental wellbeing <ul style="list-style-type: none"> • how to use simple breathing techniques • the names of different feelings and how to recognise them (happy & sad) • that exercise and physical activity is important and helps to keep me healthy. Keeping Safe <ul style="list-style-type: none"> • school is a safe place where I can learn • our school values and rules and that they help us to keep safe • how to keep safe at school (including what to do if the fire evacuation alarm sounds) & on the way to school • the internet is not always safe. Relationships <ul style="list-style-type: none"> • the names of people in my family and people who care for me • what to do if I feel sad and who to talk to • what bullying is and what to do if I think someone is bullying me 	Known Vocabulary	New Vocabulary	Texts: Big words for little people: Doing Your Best Safer Internet Day 11 th February 2025 Too good to be true? Protecting yourself from scams online
	Feelings: happy, unhappy, sad run, jump dance, skip, hop, walk, climb safe rules kind caring bullying The names of familiar adults in my class/ SCHOOL (teacher, teaching assistant & head teacher) Family, brother, sister, mum, mother, dad, father	bullying help safe teeth tooth brush dentist healthy respect friend internet online	