

RSHE Year by Year lesson content - Reception

Reception		
Autumn Term		Spring Term
Me and My Relationships	Valuing Difference	Keeping Safe
Lesson Plans All about me What makes me special Me and my special people Who can help me? (Updated 15 Mar 2026) My feelings (2) (Updated 14 Mar 2026)	Lesson Plans I'm special, you're special Same and different (Updated 15 Mar 2026) Same and different families Same and different homes I am caring I am a friend	Lesson Plans What's safe to go onto my body Keeping Myself Safe - What's safe to go into my body (including medicines) Safe indoors and outdoors Listening to my feelings Keeping safe online (Updated 03 Mar 2026) People who help to keep me safe
Spring Term	Summer Term	
Rights and Respect	Being my Best	Growing and Changing
Lesson Plans Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money (1): recognising, spending, using (Updated 16 Mar 2026) Looking after money (2): saving money and keeping it safe (Updated 16 Mar 2026)	Lesson Plans Bouncing back when things go wrong Yes, I can! (Updated 15 Mar 2026) Healthy eating (Updated 10 Nov 2025) My healthy mind Move your body A good night's sleep	Lesson Plans Seasons Life stages - plants, animals, humans Life Stages: Human life stage - who will I be? (Updated 30 Mar 2026) Where do babies come from? (Updated 02 Apr 2026) Getting bigger (Updated 08 Apr 2026) Me and my body - girls and boys (Updated 02 Apr 2026)