

Personal, Social, Health and Economic Education (PSHE) KS1

Cycle A - Term 1:

Relationships - VIPs

KS1 pupils will learn:

- about Very Important Persons (VIPs) in children's lives and the ways they can develop positive relationships with them;
- to identify who the special people in their life are and what makes someone special;
- to explore why families and friendships are important and understand that although these units are different for everyone, there are things they can do to resolve differences and build healthy and positive relationships within them;
- the importance of cooperation and how to show the special people in their lives that they care, as well as the positive impact of doing this.

Relationships – Be Yourself

KS1 pupils will learn:

- confidence to 'be yourself' can have a positive impact on mental health and emotional wellbeing;
- recognise their positive qualities and appreciate their individuality;
- recognise different emotions and explore different strategies to help manage uncomfortable feelings they experience;
- how big life changes impact on feelings and emotions and explore importance of sharing thoughts and feelings.

Enrichment – Anti-Bullying Week, Odd Socks Day, Classroom Risk Assessment, Children in Need.

Cycle A – Term 2

Health and Wellbeing – It's My Body

KS1 pupils will learn:

- about choices that children can make about looking after their bodies;
- about key areas where children can make safer choices: their body, sleep and exercise, diet, cleanliness and substances;
- facts about each of these areas and learn strategies to manage them;
- the message of choice and consent - children are encouraged to get help from trusted adults when necessary.

Living in the Wider World – One World

KS1 pupils will learn:

- that we can benefit from learning about people living in different places to us and their ways of life;
- to explore their own family life, home and school and compare these to children's family life, homes and school from around the world which are different from their own;
- about the relationship between people and their environment and how this affects their way of life;

- about how people use the earth's resources and the importance of protecting the earth for ourselves and future generations and how we can work together to do this

Enrichment – Safer Internet Day, Fair Trade Fortnight, Red Nose Day.

Cycle A – Term 3

Living in the Wider World – Money Matters

KS1 pupils will learn:

- to think about where money comes from and how it can be used;
- about the idea of spending and saving their money;
- to understand why it is important to keep belongings, including money, safe;
- about the different things on offer when they go shopping and how we need to identify the difference between the things we want and the things we need.

Health and Wellbeing – Growing Up

KS1 pupils will learn:

- an introduction to how we grow and change, both physically and emotionally;
- about their own and others' bodies, gender stereotypes and different types of families;
- about respecting their own and others' bodies, keeping their bodies safe and sharing their feelings in response to life experiences.

Enrichment – Diversity Week, Mental Health Awareness Week

Cycle B – Term 1

Living in the Wider World – Aiming High

KS1 pupils will:

- learn about having high aspirations;
- learn how having a positive learning attitude can help them tackle and achieve new learning challenges and improve learning outcomes;
- share aspirations for the future, with regard to employment and personal goals;
- learn about different jobs and roles;
- explore some of the difficulties faced by stereotyping will be explored;
- have the opportunity to discuss what they are looking forward to about learning.

Health and Wellbeing – Safety First

KS1 pupils will:

- learn about everyday dangers, in the home and outside, and how they can keep themselves safe;
- learn rules to keep themselves safe around strangers, both in real life and online;
- be taught about The Underwear Rule, which includes information about appropriate and inappropriate touching and knowing that what is inside their underwear is private;
- learn about people who help them and how to get help when needed, as well as their growing responsibility for their own safety.

Enrichment – Anti-Bullying Week, Odd Socks Day, Classroom Risk Assessment, Children in Need.

Cycle B – Term 2

Relationships – Digital Wellbeing

KS1 pupils will:

- be encouraged to consider how we can use the Internet in a safe and responsible way;
- discuss how the Internet can be useful in our everyday lives and how we can balance time online with doing other activities to keep our mind and body healthy;
- consider what risks there are online and how we can make sure we stay safe, including how important it is to not share any personal information over the Internet;
- explore the importance of communicating online in a way that shows kindness and respect and discuss whether or not we can believe everything we see on the Internet.

Relationships – TEAM

KS1 pupils will:

- be inspired by the idea that if a team works well together, it can have a positive impact on all of its members and what they can achieve;
- be enabled to develop successful collaborative working skills, such as good listening;
- learn about the importance of being kind to others;
- learn about the effects of bullying and teasing what to do about it if they see it happening to others or if it happens to them;
- think about effective learning skills and how to identify good and not-so-good choices.

Enrichment – Safer Internet Day, Fair Trade Fortnight, Red Nose Day.

Cycle B – Term 3

Health and Wellbeing – Think Positive

KS1 pupils will:

- be helped to recognise, talk about and accept their feelings, both positive and negative, as well as how to manage certain emotions;
- explore thinking positively and calmly, making good decisions and developing resilience;
- explore the positive feelings associated with being thankful, grateful and mindful.

Living in the Wider World – Diverse Britain

KS1 pupils will:

- explore the idea that individuals can have a positive impact on groups and communities to which they belong;
- be enabled to identify that they belong to various groups and communities and ways in which they contribute positively to these;
- learn about community, being good neighbours and looking after the environment;
- learn about Britain, what it means to be British, about diversity and the importance of celebrating and being respectful of our differences.

Enrichment – Diversity Week, Mental Health Awareness Week