

PSHE PLANNING CLASS ONE

	Relationships		Living in the Wider World		Health and wellbeing	
	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>Cycle A</u>	<p><b><u>TEAMS</u></b></p> <p>Listening R22. about how to treat themselves and others with respect; how to be polite and courteous R24. how to listen to other people and play and work cooperatively</p> <p><b>Brilliant brains</b> H23. to identify what they are good at, what they like and dislike L14. that everyone has different strengths</p> <p><b>Bullying and teasing</b> R9. how to ask for help if a friendship is making them feel unhappy R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online R11. about how people may feel if they experience hurtful behaviour or bullying R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult</p> <p><b><u>Be yourself</u></b> <b>Marvellous me</b></p>	<p><b><u>Digital wellbeing</u></b></p> <p>The internet and me L7. about how the internet and digital devices can be used safely to find things out and to communicate with others L8. about the role of the internet in everyday life</p> <p><b>Staying safe online</b> H28. about rules and age restrictions that keep us safe H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them R14. that sometimes people may behave differently online, including by pretending to be someone they are not R15. how to respond safely to adults they don't know</p> <p><b>Communicating online</b> R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online R11. about how people may feel if they experience hurtful behaviour or bullying R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult R14. that sometimes people may behave differently online, including by pretending to be someone they are not R15. how to respond safely to adults they don't know L7. about</p>	<p><b><u>Aiming High</u></b></p> <p>Star qualities H21. to recognise what makes them special H24. how to manage when finding things difficult L14. that everyone has different strengths</p> <p><b>Jobs for all</b> R23. to recognise the ways in which they are the same and different to others R25. how to talk about and share their opinions on things that matter to them L16. different jobs that people they know or people who work in the community do L17. about some of the strengths and interests someone might need to do different jobs</p> <p><b>Bright futures</b> H21. to recognise what makes them special H24. how to manage when finding things difficult L14. that everyone has different strengths L17. about some of the strengths and interests someone might need to do different jobs</p> <p><b><u>One world</u></b></p> <p><b>Families</b> R2. to identify the people who love and care for them and what they do to help them feel cared for R3. about different types of families including those that may be different to their own R4. to identify common features of family life L6. to recognise the ways they are the same as, and different to, other people</p>	<p><b><u>Diverse Britain</u></b></p> <p>My school L1. about what rules are, why they are needed, and why different rules are needed for different situations L4. about the different groups they belong to</p> <p><b>My community</b> R21. about what is kind and unkind behaviour, and how this can affect others L4. about the different groups they belong to L5. about the different roles and responsibilities people have in their community</p> <p><b>My neighbourhood</b> L2. how people and other living things have different needs; about the responsibilities of caring for them L3. about things they can do to help look after their environment</p> <p><b><u>Money matters</u></b></p> <p>Look after it L13. that money needs to be looked after; different ways of doing this.</p> <p><b>Save or spend?</b> L11. that people make different choices about how to save and spend money</p> <p><b>Want or need?</b> L12. about the difference between needs and wants; that sometimes people may not always be able to have the things they want</p>	<p><b><u>Safety first</u></b></p> <p>Keeping safe H28. about rules and age restrictions that keep us safe H29. to recognise risk in simple everyday situations and what action to take to minimise harm H33. about the people whose job it is to help keep us safe R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe</p> <p><b>Safety at home</b> H28. about rules and age restrictions that keep us safe H29. to recognise risk in simple everyday situations and what action to take to minimise harm H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters) H31. that household products (including medicines) can be harmful if not used correctly</p> <p><b>Safety around strangers</b> H29. to recognise risk in simple everyday situations and what action to take to minimise harm H32. ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely H33. about the people whose job it is to help keep us safe R14. that sometimes people may behave differently online, including by pretending to be someone they are</p>	<p><b><u>Think positive</u></b></p> <p>Think happy, feel happy H12. how to recognise and name different feelings H13. how feelings can affect people's bodies and how they behave H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep) H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it</p> <p><b>Be thankful</b> H11. about different feelings that humans can experience H12. how to recognise and name different feelings R25. how to talk about and share their opinions on things that matter to them</p> <p><b>Be mindful</b> H13. how feelings can affect people's bodies and how they behave H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good</p> <p><b><u>Growing</u></b></p> <p><b>Your family, my family</b> R3. about different types of families including those that may be</p>

PSHE PLANNING CLASS ONE

	<p>H21. to recognise what makes them special H22. To recognise ways that make them unique</p> <p><b>Things I like</b> H15. To recognise that not everyone feels the same at the same time or feels the same about the same things H22. To recognise ways that we are all unique H23. To recognise what they are good at, what they like and dislike</p> <p><b>Changes</b> H12. To recognise and name different feelings H18. different things they can do to manage big feelings, to help calm themselves down and change their mood H20. About change and loss including death; to identify feeling associated with this and how they can feel good.</p>	<p>how the internet and digital devices can be used safely to find things out and to communicate with others L8. about the role of the internet in everyday life</p> <p><b>VIP</b> Who are the VIP's H33. about the people whose job it is to help keep us safe R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives R2. to identify the people who love and care for them and what they do to help them feel cared for</p> <p><b>Showing you care</b> H14. how to recognise what others might be feeling H16. about ways of sharing feelings; a range of words to describe feelings R7. about how to recognise when they or someone else feels lonely and what to do</p> <p><b>Working together</b> R21. about what is kind and unkind behaviour, and how this can affect others R24. how to listen to other people and play and work cooperatively</p>	<p><b>Homes</b> R3. about different types of families including those that may be different to their own R4. to identify common features of family life L2. how people and other living things have different needs; about the responsibilities of caring for them L6. to recognise the ways they are the same as, and different to, other people</p> <p><b>Schools</b> L1. about what rules are, why they are needed, and why different rules are needed for different situations L2. how people and other living things have different needs; about the responsibilities of caring for them L6. to recognise the ways they are the same as, and different to, other people</p>		<p>not R15. how to respond safely to adults they don't know</p> <p><b>It's my body</b> <b>Clean as a whistle</b> H5. simple hygiene routines that can stop germs from spreading H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health H10. about the people who help us to stay physically healthy</p> <p><b>Happy, healthy food</b> H2. about foods that support good health and the risks of eating too much sugar H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health H10. about the people who help us to stay physically healthy</p> <p><b>Active and asleep</b> H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday H4. about why sleep is important and different ways to rest and relax H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV</p>	<p>different to their own R4. to identify common features of family life R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried</p> <p><b>Is it ok?</b> R16. about how to respond if physical contact makes them feel uncomfortable or unsafe R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard</p> <p><b>Getting older</b> H26. about growing and changing from young to old and how people's needs change H27. about preparing to move to a new class/year group</p>
--	---	--	--	--	---	---