

PSHE KS1

The aim of our PSHE curriculum is to develop the concepts, skills and attributes set out below. It is vital that pupils have the opportunity to explore their attitudes, values and beliefs about these issues and to develop the skills, language and strategies necessary to *manage* such issues should they encounter them. These concepts, skills and attributes are taught under the themes Health and Well Being, Relationships and Living in the wider community.

- Identity
- Relationships,
- A healthy and balanced lifestyle
- Risk and Safety
- Diversity and Equality
- Rights, responsibilities and consent
- Change and Resilience
- Power
- Career

Autumn 1 and 2

Health and wellbeing

Pupils will learn

- about some of the things that keep our bodies healthy (physical activity, sleep, rest, healthy food)
- about making healthy choices
- to recognise what they are good at and set simple goals
- about different kinds of feelings
- simple strategies to manage feelings
- about how it feels when there is change or loss
- about basic personal hygiene routines and why these are important
- about growing, changing and becoming more independent
- the correct names for the main parts of the body of boys and girls
- that household products, including medicines, can be harmful if not used correctly
- about rules for keeping safe (in familiar and unfamiliar situations)
- how to ask for help if they are worried about something
- about privacy in different contexts

<p>Spring 1 and 2</p> <p>Relationships</p>	<p>Pupils will learn</p> <ul style="list-style-type: none"> • about recognising how other people are feeling • about sharing feelings their own feelings with others • about different types of behaviour and how this can make others feel • about the importance of not keeping secrets that make them feel uncomfortable, anxious or afraid • to share their views and opinions with others • about listening to others and playing cooperatively • about the importance for respect for the differences and similarities between people • about special people in their lives • about appropriate and inappropriate touch • that bodies and feelings can be hurt • that hurtful teasing and bullying is wrong • what to do if teasing and bullying is happening
<p>Summer 1 and 2</p> <p>Living in the wider world</p>	<p>Pupils will learn</p> <ul style="list-style-type: none"> • about group and class rules and why they are important • about respecting the needs of ourselves and others • about groups and communities that they belong to • about looking after the local environment • about where money comes from and what it is used for • about how to keep money safe • that everybody is unique • about the ways we are the same as other people • about the people who work in their community • how to get their help, including in an emergency