



Long Term Curriculum Overview 2019-20/21

Subject: PSHE

Year: 1

'We create a nurturing environment which both inspires and challenges our whole school family, equipping our children to have high aspirations to: 'Dream big, love God and live well.'

	Au1 Koinonia Democracy Healthy Lifestyle/ Health and Wellbeing	Au2 Generosity Individual Liberty Living in the Wider World - respecting environment/ responsibility/money	Spr1 Hope Rule of Law Health and Wellbeing – Understand risk/ resisting Pressure	Spr2 Friendship Tolerance of other beliefs Relationships – what is a healthy relationship?	Su1 Respect Mutual Respect Relationships – How to respect equality and diversity Living in the Wider World- Human rights etc.	Su2 Thankfulness All British Values Health and Wellbeing – Recognising and Managing Emotions/ Living in the Wider World – different responsibilities.
Week 1 To always explore the British Value of the Term	British Value Democracy	British Value Individual Liberty	British Values Rule of Law	British Values Tolerance of Other Beliefs 27 th February- 11 th March Fair-Trade Fortnight	British Values Mutual Respect	British Values Revisiting All British Values 3 rd June Child Safety Week
Week 2	Keeping Healthy <ul style="list-style-type: none"> What keeping healthy means, different ways to keep healthy What makes a healthy diet The importance of exercise 	Shared Responsibilities <ul style="list-style-type: none"> What rules are, why they are needed, and why different rules are needed for different 	How do I keep myself physically and emotionally safe? <ul style="list-style-type: none"> Having the ability to say 'no' (Exploring Peer Pressure) 	Exploring Friendships <ul style="list-style-type: none"> What makes a good friend? Strategies to solve conflict between 	Can I identify and respect the differences and similarities between people? <ul style="list-style-type: none"> Exploring diversity within a community How do we respect people who are different 	How to contact people who help us in community <ul style="list-style-type: none"> Including dialling 999 in an emergency How to respecting privacy and acknowledge the right to keep things private.

		<p>situations</p> <ul style="list-style-type: none"> • People and other living things have different needs, the responsibilities of caring for them 		<p>friends and where to seek support</p> <ul style="list-style-type: none"> • How can we recognise loneliness and making friends 	<p>to us?</p>	<p>8th June- Healthy Eating Week</p>
Week 3	<p>Exploring Feelings</p> <ul style="list-style-type: none"> • Recognise and name different feelings • How feelings can affect people's bodies and how they behave • How to recognise what others might be feeling 	<p>Anti Bullying Week</p>	<p>Keeping Myself Safe</p> <ul style="list-style-type: none"> • Recognise risk in simple everyday situations and what action to take to minimize harm • How to keep safe at home (exploring Medicines) 	<p>Families and Close Positive Relationships</p> <p>- How does our families differ from each other's? What makes a family? Stone Wall Resources</p>	<p>Exploring the Roles and Responsibility</p> <ul style="list-style-type: none"> • At Home • In School • In Our Community – Sincil Bank and Bishop King Community (Gender Equality?) 	<p>Keeping Myself Safe First Aid</p>
Week 4	<p>Keeping Safe</p> <ul style="list-style-type: none"> • How to Keep Ourselves Safe at Home • Recognise risk in simple everyday situations and what actions to take to minimise 	<p>Communities</p> <ul style="list-style-type: none"> • What community do we belong to? • Similarities and differences 	<p>Keeping Safe-Strangers</p> <p>3rd February Children's Mental Healthy Awareness Week</p>	<p>Keeping myself safe</p> <p>Exploring the PANTS rule</p> <p>When do we ask permission and when does</p>	<p>Aspirations</p> <ul style="list-style-type: none"> • Everyone has different strengths • Help people to earn money to pay for things • What are our personal strengths? 	<p>Exploring Feelings</p> <ul style="list-style-type: none"> • What makes me feel (Happy/Sad/Angry) • Who can help me if I feel...? • Who helps me at Home/At School

	harm.			our permission need to be sought? How to respond to adults safely that we do not know.	<ul style="list-style-type: none"> Different jobs that people they know or people who work in the community 	
Week 5	My Safe Adult <ul style="list-style-type: none"> Who supports us in school and out of school? People whose job it is to keep us safe. 	Communities <ul style="list-style-type: none"> How do we look after our local environment? How do we keep safe in the local environment? 	11th Feb – Internet Safety Day (Priority)	Expect Respect Teaching - Priority		How can I express my worries? Why is it important to share worries? <ul style="list-style-type: none"> The Hug Bag of Worries Making Worry dolls
Week 6	Ourselves Growing and Changing <ul style="list-style-type: none"> Recognise what makes them special and the ways in which we are all unique To identify what they are good at, what they like and dislike How to manage when finding things difficult 	Economic Wellbeing – Money <ul style="list-style-type: none"> What money is; forms that money comes in People make different choices about how to save and spend money 				Transition Support
Week 7						