
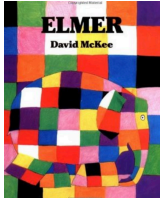
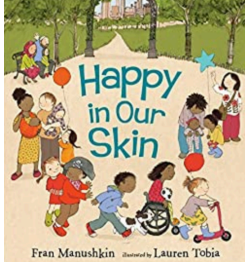


Medium Term Curriculum Overview 2021/22 – Autumn Term

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.'

	<p>Au1 Koinonia Democracy</p> <p>Healthy Lifestyle/ Health and Wellbeing</p>	<p>Au2 Generosity Individual Liberty</p> <p>Living in the Wider World - Respecting Environment/ Responsibility</p>
<p>Week 1</p> <p>To always explore the British Value of the Term</p>	<p>British Value Democracy</p> <ul style="list-style-type: none"> To understand the meaning of Democracy  <p>'We are a class family'</p> <ul style="list-style-type: none"> Understand Class Routines/Expectations To know who can keep us safe in our classroom and at Bishop King To know how to express themselves 'All About Me' 	<p>British Value Individual Liberty</p> <ul style="list-style-type: none"> To understand the meaning of Individual Liberty <p>'We are all equal'</p> <p>Can I identify and respect the differences and similarities between people?</p> <ul style="list-style-type: none"> To understand diversity within a community and learn how we respect people who are different to us? <p>(BLM Movement) (Gender Equality) (LGBTQ+ Equality)</p>  

Week 2	<p>‘Exploring Feelings’</p> <ul style="list-style-type: none"> • To know understand and recognise different feelings • To understand feelings can affect people’s bodies and how they behave • How to understand how others might be feeling and to know how to respond to these feelings • To know how to identify their own strategies to cope with their own feelings 	<p>‘Shared Responsibilities’</p> <ul style="list-style-type: none"> • To learn and understand what and why rules are needed, and to know why different rules are needed for different situations • To understand what are our own responsibilities and to know my shared and own responsibility in school, community and home. • To understand our responsibility in caring for others and all living things
Week 3	<p>‘Keeping Healthy (Physically and Mental Wellbeing)’</p> <ul style="list-style-type: none"> • To understand what it means to be healthy, physically and healthy. • To know how to keep healthy and to learn how to keep myself healthy physical and mentally <p>Mindfulness/Exploring Mental Health for Younger Children</p> <ul style="list-style-type: none"> • To understand and know how to seek support with ‘Big Feelings’ and to know how to independently regulate ‘small feelings’ 	<p>‘Community’</p> <ul style="list-style-type: none"> • To know and understand why look after our local environment, Bishop King. • To know and understand why we keep safe in the local environment, Sincil Bank. • To know and understand why we look after our wider world.
Week 4	<p>‘Keeping Safe -Exploring First Aid’</p> <ul style="list-style-type: none"> • To understand and know how to keep safe at home. • To understand risk in simple everyday situations and what actions to take to minimise harm. 	<p>‘Exploring Friendships’</p> <ul style="list-style-type: none"> • To know what makes a good friend? • To understand and know strategies to solve conflict between friends and where to seek support • To understand the feeling loneliness and know how to make friends

Week 5	<p>'My Safe Adult'</p> <ul style="list-style-type: none"> To know and understand who supports us I and out of school. To learn who in our community supports and keeps us safe. <p>'How to contact people who help us in community'</p> <ul style="list-style-type: none"> To learn and know how to access help in an emergency (Including 999) To understand how to respect privacy and to know that some areas of our life and body are private. 	<p>'How do I keep myself physically and emotionally safe?</p> <ul style="list-style-type: none"> To know how to have the ability to say 'no' (Exploring Peer Pressure) To know what makes a 'real' friend.
Week 6	<p>'Ourselves Growing and Changing'</p> <ul style="list-style-type: none"> To understand and know what makes them special and the ways in which we are all unique. To know what they am good at, what they like and dislike. To learn how to manage scenarios when things become difficult. 	<p>'My Support Network – (Review)'</p> <ul style="list-style-type: none"> To know which adults can help me? To know members of the community can help me? To know which friends can help me? To know could I help myself?
Week 7		