



Year 1 & 2 PSHE & RSHE CURRICULUM

YEAR A

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Our Happy School	Out and About	Looking Forward	Me, my Friends and Family	Healthy Bodies, Healthy Minds	Ready, Steady, Go
<i>A fresh start with a new class, nurturing a sense of belonging, recognising diversity and establishing class rules and rewards.</i>	<i>People who Help Us - incorporates work on road, fire and fireworks safety and anti-bullying.</i>	<i>Things we enjoy and how they like to learn. It explores jobs people do, with a focus on goal setting.</i>	<i>Relationships with friends and family. It also begins to focus on more sensitive issues such as loss.</i>	<i>Developing personal responsibility/teamwork. Children learn about medicines, sun safety and healthy lifestyles</i>	<i>Children will develop ways of keeping safe in everyday situations, playing outside, cyber / road safety.</i>
<p>L1: I feel happy and safe in my new classroom.</p> <p>L2: I know our School / Class Rules. <i>G&M: Rules & responsibilities</i></p> <p>L3: I know the other children in my class.</p> <p>L4: I know how we are the same and how we are all different and special. <i>G&M: Communities</i></p> <p>L5: I can tell if other people are feeling sad and how I could make them feel better.</p> <p>L6: I know how to make someone feel welcome in my class.</p>	<p>L1: I know what being a good friend means. <i>G&M R-Ed Lesson 2</i></p> <p>L2: I know what worries me and where to get help.</p> <p>L3: I know how to keep safe when I am near a road.</p> <p>L4: I know the dangers of fire and how to get help if I need it.</p> <p>L5: I know that fireworks are fun but can also be dangerous.</p> <p>ANTI-BULLYING WEEK (L6): I know what bullying is and what to do about it. <i>G&M R-Ed Lesson 3</i></p>	<p>L1: I know we can enjoy different things and learn in different ways.</p> <p>L2: I know about the different jobs people do and the special skills they need. <i>G&M: Aspirations</i></p> <p>L3: I understand how my senses help me learn.</p> <p>L4: I can set myself a realistic goal and break it down into small steps.</p> <p>L5: I know what to do if I get stuck or when I find something difficult.</p> <p>L6: I can reflect on my learning journey.</p>	<p>L1: I understand what it is like to feel proud of myself and my friends.</p> <p>L2: I know who is in my family and how we show care for each other. <i>G&M R-Ed Lesson 1</i></p> <p>L3: I know who my friends are and how we show care for each other. <i>G&M R-Ed Lesson 2</i></p> <p>L4: I understand what it feels like to lose something or someone.</p> <p>L5: I know I can choose to make someone happy.</p> <p>L6: I know I can choose to make someone sad.</p>	<p>L1: I know how I feel when I am happy / excited / proud.</p> <p>L2: I know I need to keep safe and that some things could be dangerous for my body. [Medicine safety]</p> <p>L3: I know that medicines could hurt me if I do not take them correctly.</p> <p>L4: I know I need to protect myself from the sun. <i>G&M H-Ed Lesson 3</i></p> <p>L5: I know that regular exercise is a part of a healthy lifestyle. <i>G&M H-Ed Lesson 2</i></p> <p>L6: I know that rest and sleep is an important part of keeping healthy. <i>G&M H-Ed Lesson 2</i></p>	<p>L1: I know that some changes are natural and happen by themselves. <i>e.g. changing seasons</i></p> <p>L2: I know how to keep safe when I am out and about.</p> <p>L3: I know how to keep safe on the beach. <i>G&M H-Ed Lesson 3</i></p> <p>L4: I know some rules to help keep me safe on the internet. <i>G&M H-Ed Lesson 4</i></p> <p>L5: I know how to work as a team and support other people.</p> <p>L6: I can make choices to keep myself safe.</p> <p>Plus: BASIC FIRST AID <i>G&M Health Education: Summary Lesson</i></p>

YEAR B

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Our Happy School	Out and About	Looking Forward	Me, my Friends and Family	Healthy Bodies, Healthy Minds	Ready, Steady, Go
<i>A fresh start with a new class, learning to work and play together and establishing class rules and rewards.</i>	<i>Learning to help others, including contacting emergency services. Links to National Anti-Bullying week.</i>	<i>The children collaborate on a project to raise funds for a charity or school project of their choice.</i>	<i>Relationships with friends and family. It also begins to focus on more sensitive issues such as personal hygiene.</i>	<i>Children are introduced to the choices that can be made regarding the provenance of food and how to budget.</i>	<i>Helps children explore everyday changes, their feelings about them and how to build resilience.</i>
<p>L1: I know how I can help make my classroom a safe and happy place.</p> <p>L2: I know how rules help us keep safe. <i>G&M: Rules & responsibilities</i></p> <p>L3: I know how to welcome people to our class.</p> <p>L4: I know people have different likes and dislikes.</p> <p>L5: I know how to play and learn with others.</p> <p>L6: I know I need to listen to other people.</p>	<p>L1: I know when I am starting to feel angry and know some ways to calm down. <i>G&M H-Ed Lesson 4</i></p> <p>L2: I can recognise the feelings of other people.</p> <p>L3: I can keep myself safe when out in the dark.</p> <p>L4: I know about hazards at home and what to do in an emergency.</p> <p>L5: I know how to play safely.</p> <p>ANTI-BULLYING WEEK (L6): I know what bullying is and what to do about it. <i>G&M R-Ed Lesson 3</i></p>	<p>L1: I know how I learn best and understand what stops me from learning.</p> <p>L2: I know some of the reasons why people go to work. <i>G&M: Aspirations</i></p> <p>L3: I know where money comes from. <i>G&M: Money</i></p> <p>L4: I know some people have choices about spending and saving.</p> <p>L5: I understand that it is important to help other people.</p> <p>L6: I know how to organise a fundraising project. <i>G&M: Responsibilities and the environment.</i></p>	<p>L1: I can name the main parts of my body. <i>G&M H-Ed Lesson 1</i></p> <p>L2: I know that my body belongs to me. <i>G&M R-Ed Lesson 4/5</i></p> <p>L3: I know I am growing and changing. <i>(e.g. baby-toddler-child)</i></p> <p>L4: I know why and how we should wash our hands. <i>G&M H-Ed Lesson 3</i></p> <p>L5: I know how to keep my teeth healthy. <i>G&M H-Ed Lesson 3</i></p> <p>L6: I can tell you how people can help us.</p>	<p>L1: I can be still and quiet and relax my body. <i>G&M H-Ed Lesson 2 - nature</i></p> <p>L2: I know that it is normal for everyone to have strong feelings at different times. <i>G&M H-Ed Lesson 4</i></p> <p>L3: I know ways that help me to stay calm in a difficult situation. <i>G&M H-Ed Lesson 4</i></p> <p>L4: I understand that I need to eat a variety of foods to keep my body healthy. <i>G&M H-Ed Lesson 2</i></p> <p>L5: I know I should eat at least 5 portions of colourful fruit and vegetables a day.</p> <p>L6: I know that I need to think about a budget when planning a meal.</p>	<p>L1: I know that we change as we grow older.</p> <p>L2: I can name things that change naturally in the world around us.</p> <p>L3: I know that some changes are difficult and it is normal to have mixed feelings about changes.</p> <p>L4: I know why it is important to think about my choices carefully.</p> <p>L5: I know I can make change happen.</p> <p>L6: I know that change can be exciting and can talk about what I am looking forward to.</p>