

PSHE – Learning objectives, skills and key questions Years 1 and 2

The Personal, Social, Health & Economic curriculum provides one of the mechanisms for promoting the Social, Moral, Spiritual, & Cultural development of the pupils. Lessons and activities promote the health and well-being of the children and enable the development of skills and understanding for living in the wider world.

We make use of the Go-Givers SMSC Curriculum and of the SEAL (Social, Emotional Aspects of Learning) planning for some of the areas studied.

Learning objectives for some of the elements and units of PSHE learning in Years 1 & 2, delivered in the context of taught sessions, assemblies and other educational experiences, are outlined below.

Anti-Bullying:

These lessons help Years 1 and 2 think about what bullying means, why people might be bullied (or bully others) and different ways people can be bullied. Stories and activities explore the impact of name-calling, ignoring people or leaving them out, as well as physically aggressive behaviours. Includes the lessons: *I won't be made to feel bad; Sticks and Stones; More than One Friend; Refugees - The Stranger*

Diversity:

These lessons help Years 1 and 2 children think about similarities and differences between people. How can we be considerate of people who have different needs from ourselves? Includes the lessons: *Golden Girl - Jessica Ennis; Pete's Parathletics*.

Environmental Issues:

These lessons help Years 1 and 2 children explore the importance of caring for animals and our environment. What is the impact of litter on wildlife? What things do humans (and other animals) really need and what things in our environment are non-essential? How can we make our environment better so that it meets the needs of everyone in our community? Includes the lessons: *Expedition to Planet Blueball; Saving Energy*.

Feelings and Managing Change:

These lessons help Years 1 and 2 children think about difficult feelings such as anger, frustration, fear and sadness. How can they overcome these feelings? Strategies for coping with times of change and activities to explore what makes them unique. Includes the lessons: *All About Me; Who's Afraid?; Bouncing Back; More Than One Friend*.

Our Community:

These lessons help children to think about what a community is, the different people in their community and how people help each other. Why are rules important and what contribution can they make to their community? Includes the lessons: *Our Rules; Caring for Our Community; Chicken Soup; Exploring Our Community; You Scratch My Back; Save Our Jack*.

Kindness and Charitable Giving:

These lessons help Years 1 and 2 children think about how people can give to others, why it's important and how kindness has both a ripple effect, impacting more people than you might anticipate, and benefits both the giver and the receiver of the kindness. Includes the lessons: *Little Red Hen; Clown of God*.

Keeping Safe and Making Choices:

These lessons help Years 1 and 2 children think about why rules are necessary to keep people safe, how to notice signs a neighbour is in trouble and call the emergency services, about the safe use of medicines and how our choices can help or hurt other people. Children also consider how to make choices when balancing their needs with the needs of others. Includes the lessons: *Get Better Soon; Everybody, Somebody, Anybody, Nobody.*

Growth Mindset: We use growth mindset theory and practice to encourage the development of effective learning behaviours.

Focus of Sessions:

- Identifying characteristics of growth and fixed mindsets
- Suggest ways they can support others and learn new things
- Describe what happens to our brain when we learn
- Identify personal challenges in their current mindset