



## Key Stage 1 PSHE Curriculum Year 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.

PSHE should be delivered in the following order of core themes.

1. Health and well-being
2. Relationships
3. Living in the wider world

Without health and well-being one cannot develop healthy relationships and without healthy relationships one cannot live in the wider world effectively.

### Health and Wellbeing

- Healthy lifestyles physical well-being
- Mental health
- Ourselves growing and changing
- Keeping safe
- Drugs, alcohol and tobacco

### Relationships

- Families and close positive relationships
- Friendships
- Managing hurtful behaviour and bullying.
- Safe relationships
- Respecting self and others

### Living in the Wider World

- Shared responsibilities
- Communities
- Media literacy and digital resilience
- Economic well-being, money
- Economic well-being, aspirations, work and career.

## Cycle A

### Term 1

Health and Well-being – It's My Body

Health and Well-being – Safety First

KS1

It's my body – choices children can make about looking after their bodies, safer choices like sleep, exercise and diet, cleanliness and substances.

Safety First – everyday dangers in the home and outside, keep yourself safe, rules around strangers real and online, underwear rule, people who help them get what they need, their responsibility for their safety.

### Term 2

Relationships – Digital Well-being

Relationships – VIP

KS1

Digital Well-being – being safe and responsible on the Internet. How the Internet is useful. How to balance time online. Risks online – Don't share personal information. Kindness and respect while communicating online. Don't believe everything you see online.

VIP – who are special people? Develop positive relationships. What makes someone a special person? Why families and friendships are important. How to resolve differences and build healthy and positive relationships.

### TERM 3

Living in the wider world – Aiming High

Living in the wider world – Diverse Britain

KS1

Aiming High – having high aspirations. Positive views of themselves. Positive

learning attitude. Goals for the future.

Diverse Britain – we can have positive impacts on groups and communities.

Identify that they belong to groups. Community and being a good neighbour.  
Looking after the environment. What it means to be British. Diversity and respecting differences.

## Cycle B

Term 1

Health and Well-being - Think Positive

Health and Well-being – Growing Up

KS1

Think Positive – recognise, accept, talk about feelings, manage emotions, think positively and calmly, make good decisions and resilience, being thankful, grateful and mindful.

Growing Up – how we grow and change physically and emotionally, learn about their own and other’s bodies, gender stereotypes and different families, respecting their own and other’s bodies, keeping their bodies safe and sharing feelings of life experiences.

Term 2

Relationships – Be Yourself

Relationships – Very Important People

KS1

Be Yourself – being yourself can have a positive impact on mental health and emotional well-being. Appreciate individuality. Recognise emotions. Manage uncomfortable feelings. How life changes impact us. Sharing feelings is good.

Team – Teams work well together, develop successful collaborative working skills, importance of being kind, effects of bullying and teasing, what to do if they see bullying or if it happens to them, effective learning skills, good and bad choices.

Term 3

Living in the wider world – money matters

Living in the wider world – one world

KS1
Money Matters – where money comes from, how it can be used, ideas of spending and saving money, keeping belongings and money safe, different things on offer when they go shopping, identify the difference between what we want and what we need.
One World – we can benefit from learning about different people in different places, explore our own family life, home and school and compare these to other places in the world, relationship between people and the environment, earth's resources and the importance of protecting the earth for ourselves and future generations.