

| (A) PHSE | Health and Wellbeing: It's my body | Relationships: Being yourself | Relationships: Teams | Health and Wellbeing: Safety First | Living in the Wider World: Respecting Rights | Living in the Wider World: One world |
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| Year 1/2 | Autumn (1) 7 Weeks | Autumn (2) 8 Weeks | Spring (1) 6 Weeks | Spring (2) 6 Weeks | Summer (1) 5 Weeks | Summer (2) 6 Weeks |
| What We Will Learn | Pupils will explore choices that pupils can make about looking after their bodies. They look at key areas where pupils can make safer choices: their body, sleep and exercise, diet, cleanliness and substances. Pupils will learn facts about each of these areas and learn strategies to manage them. The message of choice and consent runs through the unit and pupils are encouraged to get help from trusted adults when necessary. | This unit is inspired by the idea that having confidence to 'be yourself' can have a positive impact on mental health and emotional wellbeing. It aims to enable pupils to recognise their positive qualities and appreciate their individuality. In this unit, pupils are encouraged to recognise different emotions and explore different strategies to help them manage any uncomfortable feelings they experience. They will learn about how big life changes impact on feelings and emotions and explore the importance of sharing their thoughts and feelings | This unit is inspired by the idea that if a team works well together, it can have a positive impact on all of its members and what they can achieve. It aims to enable the pupils to develop successful collaborative working skills, such as good listening. In this unit, pupils learn about the importance of being kind to others, the effects of bullying and teasing what to do about it if they see it happening to others or if it happens to them. They will also think about effective learning skills and how to identify good and not so good choices. | In this unit of work, pupils will learn about everyday dangers, in the home and outside, and how they can keep themselves safe. Pupils will also learn rules to keep themselves safe around strangers, both in real life and online. They will be taught about The Underwear Rule, which includes information about appropriate and inappropriate touching and knowing that what is inside their underwear is private. Pupils will also learn about people who help them and how to get help when needed, as well as their growing responsibility for their own safety. | This unit is based on the concept that we should all be rights respecting citizens in our communities. It is inspired by the fact that all people have rights that are shared and that it is important for us all to respect these rights. It aims to enable the pupils to explore the concepts of difference and fairness and encourages them to reflect on how we should behave towards those who are different from us and why it is important to be fair. | This unit is inspired by the idea that we can benefit from learning about people living in different places to us and their ways of life. It aims to enable the pupils to explore their own family life, home and school and compare these to pupils' family life, homes and school from around the world which are different from their own. Pupils will learn about the relationship between people and their environment and how this affects their way of life. They will also learn about how people use the earth's resources and the importance of protecting the earth for ourselves and future generations and how we can work together to do this. |
| What We Will Do | Pupils will explain how much sleep they need; discuss why exercise is good for them; understand they can choose what happens to their bodies; its healthy snacks; know to ask a trusted adult if uncertain about whether something is safe to eat or drink; demonstrate hygienic ways to look after their bodies. | Pupils will identify their own special traits and qualities; identify and name common feelings; select times and situations that make them feel happy; talk about what makes them feel unhappy or cross; explain how change and loss make them feel; understand the importance of sharing their thoughts and feelings. | Pupils will show the teams they belong to through cutting out appropriate images; follow instructions and create a tower by applying good listening; use key vocabulary and the Acts of Kindness Poster to think of ways to show kindness to others; work in a group to discuss what they could do if they saw others being teased or bullied, using Chase the Cheetah to support if necessary.; work as a group to sort thoughts given into helpful and not-so-helpful categories; sort images of behaviours into good and not so good choices. | Pupils will identify some everyday dangers. Understand some basic rules that help keep people safe. Know what to do if they feel in danger. Identify some dangers in the home. Identify some dangers outside. Identify which information they should never share on the Internet. Know that their private body parts are private. Recall the number to call in an emergency. list some people who can help them stay safe | Pupils will know that all people have rights; understand that there are people who protect their rights; know what to do if they don't feel safe; talk about what respect means and how to show it; identify ways in which people can be different; explain what being fair means; recognise that making a positive difference in school is important. | Pupils will talk about special people in their life and say why they are special. They will discuss different homes around the world and identify how they are the same as and different from their own. Pupils will describe what their school is like and explain what an environment is. They will explain what natural resources are and identify how people use them and say what they love about the world in which they live and describe how they would feel if these things disappeared. |
| Skills Learned | Pupils will be able to recognise when there is something wrong/different with their body and be able to identify a trusted adult to share this information with. | Pupils will be able to identify their emotions, discuss what makes them unique and consider that everyone is different. | Pupils will be able to identify key skills such as respect, fairness and turn-taking to be able to become a team player. | Pupils will be able to further develop their knowledge of health and safety to be able to keep themselves safe in their local community. | Pupils will be able to identify their basic human rights and develop their knowledge of right and wrong within society. | Pupils will be able to identify similarities and differences and show empathy and curiosity towards different cultures. |

| (B) PHSE | Health and Wellbeing: Britain | Health and Wellbeing: Cross Careers Aiming High | Living in the Wider World: Cross Careers Money Matters | Health and Wellbeing: Think Positive | Relationships: VIP | Relationships: Growing Up |
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| Year 1/2 | Autumn (1) 7 weeks | Autumn (2) 8 weeks | Spring (1) 6 weeks | Spring (2) 6 weeks | Summer (1) 6 weeks | Summer (2) 6 weeks |
| What We Will Learn | This unit is inspired by the idea that individuals can have a positive impact on groups and communities to which they belong. It aims to enable the pupils to identify that they belong to various groups and communities and ways in which they contribute positively to these. In this unit, pupils learn about community, being good neighbours and looking after the environment. They will also learn about Britain, what it means to be British, about diversity and the importance of celebrating and being respectful of our differences. | In this unit of work, pupils will learn about having high aspirations. They will start by discussing positive views of themselves and will then identify how having a positive learning attitude can help them tackle and achieve new learning challenges and improve learning outcomes. Opportunities will also be provided for pupils to share aspirations for the future, with regard to employment and personal goals. Through this learning, different jobs and roles will be considered. In doing this, some of the difficulties faced by stereotyping will be explored. Pupils will also have the opportunity to discuss what they are looking forward to about their learning next year. | This unit encourages pupils to think about where money comes from and how it can be used. Pupils will discuss the idea of spending and saving their money and begin to understand why it is important to keep belongings, including money, safe. They will also learn about the different things on offer when they go shopping and how we need to identify the difference between the things we want and the things we need. | This unit is designed to help pupils recognise, talk about and accept their feelings, both positive and negative, as well as how to manage certain emotions. The lessons support themes of thinking positively and calmly, making good decisions and developing resilience. It also encourages the pupils to explore the positive feelings associated with being thankful, grateful and mindful. | This unit explores the Very Important Persons (VIPs) in pupils' lives and the ways in which they can develop positive relationships with them. It enables pupils to identify who the special people in their life are and what makes someone a special person. Pupils are also encouraged to explore why families and friendships are important and to understand that although these units are different for everyone, there are things they can do to resolve differences and build healthy and positive relationships within them. This unit also teaches pupils the importance of cooperation and how to show the special people in their lives that they care, as well as the positive impact of doing this | This topic is an introduction to how we grow and change, both physically and emotionally. Pupils will learn about their own and others' bodies, gender stereotypes and different types of families. They will also learn about respecting their own and others' bodies, keeping their bodies safe and sharing their feelings in response to life experiences. |
| What We Will Do | Pupils will identify groups and communities that they belong to; explain how to be a good neighbour; pick out things that harm and things that help a neighbourhood; describe what it is like to live in Britain; identify similarities and differences between British people; talk about what makes them feel proud of being British. | Pupils will discuss their star qualities; identify what a positive learning attitude is; talk about jobs they can do when they grow up; discuss what skills and interests are needed for different jobs; talk about hopes they have for the future; discuss what they are looking forward to about next year. | Pupils will discuss things they can buy in the shops. Talk about different sources that money can come from. Identify things they want. Identify things they need. Talk about ways we can keep track of what we spend. Discuss ways they can keep money safe. Discuss some methods of payment. | Pupils will identify and discuss feelings and emotions, using simple terms. Describe things that make them feel happy and unhappy. Understand that they have a choice about how to react to things that happen. Talk about personal achievements and goals. Describe difficult feelings and what might cause these feelings. Discuss things for which they are thankful. Focus on an activity, remaining calm and still. | Pupils will explain who the special people in their lives are; talk about the importance of families; describe what makes someone a good friend; know how to resolve an argument in a positive way; know the skills involved in successful cooperation; identify a way to show others that they care. | Pupils will identify some differences between males and females. Identify the body parts that we keep private. Understand the words 'no' and 'stop'. Understand that people's bodies and feelings can be hurt. Talk about their own likes and dislikes. Understand that different people like different things. Understand that girls and boys can like different things, or the same things. Describe how they have changed since they were a baby. Understand that people's needs change as they grow older. Talk about things they would like to do when they are older. Discuss some changes that people might go through in life. Talk about the family. |
| Skills Learned | Pupils will be able to identify British values and understand the different communities that live in the United Kingdom. | Pupils will be able to develop a range of soft skills, such as a positive attitude and will be able to communicate their future needs. | Pupils will be able to transfer their skills of problem solving into a real life setting. | Pupils will be able to identify their own emotions and be able to discuss their feelings. | Pupils will be able to recognise key people in their lives, who can support and offer them good advice. | Pupils will be able to identify key aspects in their own lives where there will be significant changes and how to manage these changes. |