

PSHE curriculum

'Let Your Light Shine'

Matthew 5:16



Year group 1	My Happy Mind	Other coverage
<p>Autumn 1</p>	<p>Meet your Brain</p>	<p>Healthy Lifestyles Pupils will learn - H2. about foods that support good health and the risks of eating too much sugar. H3. about how physical activity helps us to stay healthy; and ways to be physically active every day. H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health.</p>
<p>Autumn 2</p>	<p>Celebrate</p>	<p>Keeping Safe Pupils will learn - H28. about rules and age restrictions that keep us safe H32. ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely. H33. about the people whose job it is to help keep us safe. H35. about what to do if there is an accident and someone is hurt.</p>
<p>Spring 1</p>	<p>Appreciate</p>	<p>Safe Relationships Pupils will learn - R13. to recognise that some things are private and the importance of respecting</p>

		<p>privacy; that parts of their body covered by underwear are private.</p> <p>R15. how to respond safely to adults they don't know.</p> <p>R16. about how to respond if physical contact makes them feel uncomfortable or unsafe</p> <p>R17. about knowing there are situations when they should ask for permission and also when their permission should be sought makes a lesson.</p>
Spring 2	Relate	<p>Shared Responsibilities: pupils will learn</p> <p>L1. about what rules are, why they are needed, and why different rules are needed for different situations.</p> <p>Communities: pupils will learn</p> <p>L4. about the different groups they belong to.</p> <p>L5. about the different roles and responsibilities people have in their community.</p>
Summer I	Engage	<p>Economic Wellbeing: Aspirations, work, career pupils will learn</p> <p>L14. that everyone has different strengths.</p> <p>L15. that jobs help people to earn money to pay for things.</p> <p>L16. different jobs that people they know or people who work in the community do.</p>

		L17. about some of the strengths and interests someone might need to do different jobs.
Summer 2	Relationships – lesson 1 and 2	<p>Ourselves growing and changing pupils will learn - H26. about growing and changing from young to old and how people's needs change. H27. about preparing to move to a new class/year group.</p> <p>Relationships Pupils will learn - R14. that sometimes people may behave differently online, including by pretending to be someone they are not. R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually). R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe.</p>