

## Year 1 PSHE Curriculum

### September Focus Unit

<u>Unit</u>	<u>Resources</u>
<b><u>Unit 1:</u></b> <b><u>Ourselves, Growing and Changing</u></b> H21. to recognise what makes them special	Kapow Y1 H/W lesson 2 Kapow Y1 Citizenship lesson 4
H22. to recognise the ways in which we are all unique	
H23. to identify what they are good at, what they like and dislike	
H24. how to manage when finding things difficult	
<b><u>Unit 2:</u></b> <b><u>Keeping Safe</u></b> H28. about rules and age restrictions that keep us safe	
H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them	
<b><u>Shared Responsibilities</u></b> L1. about what rules are, why they are needed, and why different rules are needed for different situation	Kapow Y1 Citizenship lesson 1 Kapow Y2 Citizenship lesson 1
<b><u>Media Literacy and Digital Resilience</u></b> L7. about how the internet and digital devices can be used safely to find things out and to communicate with others	
L8. about the role of the internet in everyday life	Kapow Y2 Safety lesson 1

<b><u>Safe Relationships</u></b> R17. about knowing there are situations when they should ask for permission and also when their permission should be sought	
<b><u>Unit 3</u></b> <b><u>Managing Hurtful Behaviour and Bullying</u></b> R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online	
<b><u>Respecting Self and Others</u></b> R21. about what is kind and unkind behaviour, and how this can affect others	
R22. about how to treat themselves and others with respect; how to be polite and courteous	Kapow Y2 F/R lesson 5

### Year 1 Discrete Lessons

<b><u>Big Concept</u></b>	<b><u>Objectives</u></b>	<b><u>Resources</u></b>
<b>Health and Wellbeing (H)</b> <b>Healthy Lifestyles</b> <b>(Physical Wellbeing)</b>	H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV.	
<b>Healthy Lifestyles</b> <b>(Mental Wellbeing)</b>	H11. about different feelings that humans can experience	Kapow Y1 H/W lesson 1
	H12. how to recognise and name different feelings	PSHE Association Mental Health and Emotional Wellbeing lesson plans.
	H14. how to recognise what others might be feeling	
	H13. how feelings can affect people's bodies and how they behave	
	H15. to recognise that not everyone feels the same at the same time, or	

	feels the same about the same things	
<b>Living in the Wider World (L)</b> <b>Shared Responsibilities</b>	L2. how people and other living things have different needs; about the responsibilities of caring for them .	Kapow Y1 Citizenship lessons 2 & 3
	L3 about things they can do to help look after their environment	Kapow Y2 Citizenship lessons 2 & 3
<b>Living in the Wider World (L)</b> <b>Economic Wellbeing: Aspirations, work and career</b>	L14. that everyone has different strengths	Kapow Y1 H/W lesson 2 Kapow Y2 E/W lesson 5 Kapow Y2 H/W lesson 4
	L16. different jobs that people they know or people who work in the community do	Kapow Y1 E/W lesson 5 Kapow Y2 Citizenship lesson 4
	L17. about some of the strengths and interests someone might need to do different jobs	Kapow Y1 E/W lesson 5 Kapow Y2 E/W lesson 5
<b>Relationships (R)</b> <b>Families and Close Positive Relationships</b>	R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives	Kapow Y2 F/R lesson 1
	R2. to identify the people who love and care for them and what they do to help them feel cared for	
	R3. about different types of families including those that may be different to their own	Kapow Y1 F/R lesson 2 Kapow Y2 F/R lesson 2
	R4. to identify common features of family life	Kapow Y1 F/R lesson 1
	R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried	

<p><b>Relationships (R)</b> <b>Safe Relationships</b></p>	<p>R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private. H25. to name the main parts of the body including external genitalia (eg vulva, vagina, penis, testicles)</p>	<p>Kapow Y2 Safety lesson 3</p>
	<p>R15. how to respond safely to adults they don't know</p>	<p>Kapow Y1 Safety lessons 1 &amp; 2</p>
	<p>R16. about how to respond if physical contact makes them feel uncomfortable or unsafe</p>	<p>Kapow Y1 Safety lesson 5 Kapow Y2 Safety lesson 4</p>