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| **Year 1** | | |
|  | **Lesson** | **Key Skills Taught** |
| **Autumn 1** | We Expect | 1. Can I understand what the world would be like without any rules? |
| Class Charter | 1. Do I know what the difference is between a rule and an expectation? 2. Can I say what the most important rule in my classroom and explain why? |
| E-Safety | 1. Can I saw why I must be careful with who I communicate with online? |
| Forever Friends | 1. Can I explain the benefits of having a good friend? 2. Can I explain the benefits of being a good friend? |
| Make Friends | 1. Do I understand that if someone isn’t my friend, I cannot treat them badly? |
| Taking Turns | 1. Can I explain the rules of a game I have played? 2. Can I say why rules are important? |
| **Autumn 2** | How Rude? | 1. Can I explain what you say to show your appreciation when someone does something kind for you or gives you something you want or need? |
| Smile! | 1. Can I explain how we can make other people happy? 2. Can I explain how to create my own happiness? |
| Grrrr! | 1. Do I know what strategies to use to calm myself down when I am feeling angry? |
| How I feel | 1. Can I explain how our bodies reflect our emotion? |
| You and Me | 1. Can I name a strategy to deal with negative emotions? |
| I Think | 1. Can I explain why we should listen to and respect other people’s opinions and views? 2. Can I demonstrate good listening? |
| **Spring 1** | Meet Grub! | 1. Can I understand why the benefits of hand washing are so important? |
| Vote Green | 1. Can I understand the benefits of eating meals together? |
| Meat Eaters | 1. Can I explain why protein is an important part of our diet? |
| Party Time! | 1. Can I create a healthy menu for a party? |
| Get Physical | 1. Can I explain why physical exercise is good for us? |
| All the same | 1. Can I talk about the similarities and differences between myself and others and know that differences are a good thing? |
| **Spring 2** | A Bully is… | 1. Can I give a definition of bullying? |
| Blame Game | 1. Can I understand how name-calling can make someone else feel? |
| Bullying is | 1. Can I explain what a cyber-bully is? |
| + and - | 1. Can I give three examples of negative behaviour? 2. Can I give an example of ‘considered behaviour’? |
| Secret Surprise | 1. Can I explain the difference between a good and a bad secret? |
| Getting help | 1. Can I explain how I would get help if I wasn’t with a trusted adult? |
| **Summer 1** | Give a little | 1. Can I explain how you can show your family and friends that you care for them? |
| My Family | 1. Can I explain how different family members care for me? |
| Special People | 1. Can I explain why we like to feel special? |
| Talking to plants | 1. Can I talk about any responsibilities I have at home? 2. Can I explain how I feel when someone can trust you? |
| The Borrowers | 1. Can I explain how to treat someone else’s belongings? 2. Can I explain why it is important to return something you have borrowed? |
| Share the Booty | 1. Can I give an example of when you shared something that you really wanted to keep yourself? 2. Can I explain why we should share? |
| **Summer 2** | It’s a cover up! | 1. Can I explain what would happen if you stayed in the sun all day without taking any sun safety precautions. |
| Green X Code | 1. Can I explain the consequences of not taking care when crossing the road? |
| Grows on trees | 1. Can I explain the needs between needs and wants? 2. Can I say why it is wrong to steal money? |
| Coining it in | 1. Can I say what job I would like when I am older? 2. Can I say which is more important – people or money? |
| Keep it safe | 1. Can I explain why we should keep money safe and list some ways of keeping it safe? |