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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?
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| 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?
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| Forever Friends | 1. Can I explain the benefits of having a good friend?
2. Can I explain the benefits of being a good friend?
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| Make Friends | 1. Do I understand that if someone isn’t my friend, I cannot treat them badly?
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| Taking Turns | 1. Can I explain the rules of a game I have played?
2. Can I say why rules are important?
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| **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?
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| Smile! | 1. Can I explain how we can make other people happy?
2. Can I explain how to create my own happiness?
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| Grrrr! | 1. Do I know what strategies to use to calm myself down when I am feeling angry?
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| How I feel | 1. Can I explain how our bodies reflect our emotion?
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| You and Me | 1. Can I name a strategy to deal with negative emotions?
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| 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?
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| **Spring 1** | Meet Grub! | 1. Can I understand why the benefits of hand washing are so important?
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| Vote Green | 1. Can I understand the benefits of eating meals together?
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| Meat Eaters | 1. Can I explain why protein is an important part of our diet?
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| 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?
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| All the same | 1. Can I talk about the similarities and differences between myself and others and know that differences are a good thing?
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| **Spring 2** | A Bully is… | 1. Can I give a definition of bullying?
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| Blame Game | 1. Can I understand how name-calling can make someone else feel?
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| Bullying is | 1. Can I explain what a cyber-bully is?
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| + and - | 1. Can I give three examples of negative behaviour?
2. Can I give an example of ‘considered behaviour’?
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| Secret Surprise | 1. Can I explain the difference between a good and a bad secret?
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| Getting help | 1. Can I explain how I would get help if I wasn’t with a trusted adult?
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| **Summer 1** | Give a little | 1. Can I explain how you can show your family and friends that you care for them?
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| My Family | 1. Can I explain how different family members care for me?
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| Special People | 1. Can I explain why we like to feel special?
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| 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?
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| 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?
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| 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?
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| **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.
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| Green X Code | 1. Can I explain the consequences of not taking care when crossing the road?
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| Grows on trees | 1. Can I explain the needs between needs and wants?
2. Can I say why it is wrong to steal money?
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| 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?
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| Keep it safe | 1. Can I explain why we should keep money safe and list some ways of keeping it safe?
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