PSHE Curriculum Map – Year 1 - 2023

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| **Autumn 1****Family and Relationships****Lesson 1 - What is family? - To understand that families look after us****Families and people who care for me** Pupils should know that families are important for children growing up because they can give love, security and stability.**Families and people who care for me** Pupils should know the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other’s lives.**Lesson 2 - What are friendships? To begin to understand the importance and characteristics of positive friendships.****Caring friendships >**Pupils should know how important friendships are in making us feel happy and secure, and how people choose and make friends.* **Caring friendships>** Pupils should know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
* **Lesson 3 – Recognising other people’s emotions? - To recognise how others show feelings and how to respond**Caring friendships: Pupils should understand the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
* Respectful relationships: Pupils should know the practical steps they can take in a range of different contexts to improve or support respectful relationships.

**Lesson 4 – Working with others - To begin to understand how friendships can make us feelCaring friendships** >Pupils should understand that friendships are important for making us feel happy and secure, and how people choose and make friends.**Caring friendships** >Pupils should understand the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and friendships.**Lesson 5 – Friendship Problems - To begin to understand that friendships can have problems but we can overcome themRespectful relationships:**Children should know that there are practical steps they can take in a range of different contexts to improve or support respectful relationships.**Lesson 6 – Healthy Relationships - To begin to understand that being friendly to others makes them feel welcome and included**Pupils should know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded**Lesson 7 – Gender Stereotypes - To begin to understand what is meant by a stereotype**What a stereotype is, and how stereotypes can be unfair, negative or destructive |

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| **Autumn 2****Inspirational People**Activists - Rosa ParksScientists - Marie CurieExplorers - Neil ArmstrongArtists and sports - Ellie SimmonsBeing ambitious - Julia Donaldson |

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| **Spring 1****Health and Well-Being****Lesson 1 - Understanding My Emotions – To describe and understand their feelings.**That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others’ feelings**Lesson 2 – What am I Like? - To recognise and celebrate their strengths and set simple but challenging goals**The importance of self-respect and how this links to their own happiness**Lesson 3 – Ready for bed - To understand the benefits of physical activity and rest**Pupils should know: the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn**.****Lesson 4 – Relaxation – To know how to relax in different ways**Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.That mental wellbeing is a normal part of daily life, in the same way as physical health.**Lesson 5 – Handwashing and Personal Hygiene - To begin to understand how germs are spread and how we can stop them spreading** Health and prevention: about personal hygiene and germs including bacteria, viruses, how they are spread and the importance of washing**Lesson 6 - Sun Safety - To begin to understand the risks associated with the sun**Health and prevention: about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.**Lesson 7 - Allergies – To begin to understand allergies**Health and prevention: the facts and science relating to allergies, immunisation and vaccination |

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| **Spring 2****Safety and the Changing Body****Lesson 1 - Adults in School - To know how to respond to adults in a safe and familiar context.**how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know**Lesson 2 - Adults outside of school - To understand how to respond to adults in a range of situations**how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not knowhow to recognise and report feelings of being unsafe or feeling bad about any adult**Lesson 3 – Getting Lost – To understand what to do if you get lost**how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know**Lesson 4 – Making an emergency phone call – To know what an emergency is and how to make a phone call if needed**how to make a clear and efficient call to emergency services if necessary**Lesson 5 – Appropriate Contact - To begin to understand the difference between acceptable and unacceptable physical contact** that each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact**Lesson 6 – Safety with substances - To begin to understand what is safe to put into or onto our bodies**Pupils should know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.**Lesson 7 – People that help to keep us safe - To understand that there are people in the local community who help to keep us safe.** |

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| **Summer 1****Citizenship****Lesson 1 – Rules – To begin to understand the importance of rules.**L1. About what rules are and why they are needed, and why different rules are needed in different situationsBritish Value – Rule of Law**Lesson 2 – Caring for animals – To understand that animals have different needs and how to care for them**L**2.** how people and other living things have different needs; about the responsibilities of caring for them’**Lesson 3 – The needs of others – To begin to understand the needs of babies and young childrenL2**. how people and other living things have different needs; about the responsibilities of caring for them’**Lesson 4 – Similar yet different - To begin to recognise ways in which we are the same and different to other people**To begin to recognise ways in which we are both the same as and different from other people.**Lesson 5 – Belonging – To understand the range of groups people belong toL4.** about the different groups they belong to’**Lesson 6 – Democratic decisions – To begin to understand how democracy works**what democracy is, and about the basic institutions that support it locally and nationally;’ |

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| **Summer 2****Economic Wellbeing****Lesson 1 – Introduction to money – To understand what money is and where it comes from.****Lesson 2 – Looking after money – To understand how to keep cash safe****Lesson 3 – Banks and building societies – To understand the benefits of banks and building societies** **Lesson 4 – Saving and spending****Lesson 5 – Jobs in school** |

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| **Family and Relationships**behaviourcareemotionsfamilyfeelingsfriendfriendlyproblemstereotype | **Health and Wellbeing**allergyemotionsfeelingsgermsill (poorly)qualitiesrelax | **Safety and the changing body**accidentdrugemergencyhazardsmedicinephysical contactpoliterespectroletrust |
| **Citizenship**caredemocracydifferentfairpetresponsibilityrulesimilaruniquevote | **Economic Well-being**bankbank accountbuilding societycashchoicecoinsearninterestjobmoneymoney boxnotespocket moneypursesafesaveskillspendvaluewallet |  |