PSHE Curriculum Map – Year 1 - 2023

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| **Autumn 1****Family and Relationships*** **Lesson 1 - Families offer stability and love - To begin to understand the role of the family in their lives**That families are important for children growing up because they can give love, security and stability.  That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children’s security as they grow up.
* **Lesson 2 – Families are all different - To begin to understand the range of families they may encounter now and in the future**That others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care.That marriage represents a formal and legally recognised relationship.**Lesson 3 – Other people’s feelings - To recognise how others show feelings in different ways and how to respond**that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excludedpractical steps they can take in a range of different contexts to improve or support respectful relationships.

**Lesson 4 – Unhappy friendships - To begin to understand that some friendships might make us feel unhappy and how to deal with this**How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.**Lesson 5 – Introduction to manners and courtesy - To begin to understand the conventions of courtesy and manners**The conventions of courtesy and manners* **Lesson 6 – Change and Loss - To begin to understand how loss and change can affect us**How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.
* 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 7 – Gender stereotypes, careers and jobs - To develop an understanding of stereotypes and how these might affect job/career choices**What a stereotype is, and how stereotypes can be unfair, negative or destructive. |

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| **Autumn 2**Activists – Nelson MandelaScientists – Alexander FlemingExplorers – James BeckwourthArtists and sports - Wassily KandinskyLocal – Denise LewisBeing ambitious – Kes Grey |

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| **Spring 1****Health and Well-Being****Lesson 1 – Experiencing different emotions - To describe a range of feelings and develop simple strategies for managing them**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 – Being active - To understand the benefits of physical activity**The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happinessThe importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
* **Lesson 3 – Relaxation and breathing – To use breathing exercises to relax**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 4 – Steps to success – To understand their strengths and set themselves reasonable goalsLesson 5 – Developing a growth mindset - To identify strategies to help overcome barriers or manage difficult emotions*** **Lesson 6 – Healthy diet – To understand what it means to have a healthy diet**What constitutes a healthy diet (including understanding calories and other nutritional content)
* The principles of planning and preparing a range of healthy meals
* The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)

**Lesson 7 – Looking after our teeth – To understand ways of looking after our teeth.**about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist |

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| **Spring 2****Safety and the Changing Body****Lesson 1 – Introduction to the internet – To understand what the internet is and how it can help us**Pupils should know that for most people the internet is an integral part of life and has many benefits.**Lesson 2 – Communicating online – To understand how to stay safe when using the internet**That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.That people sometimes behave differently online, including by pretending to be someone they are not.How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.**Lesson 3 – Secrets and surprises – To begin to understand the difference between secrets and surprises**about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe* **Lesson 4 – Appropriate contact – My private parts - To begin to understand the concept of privacy and the correct vocabulary for body parts**That each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
* How to report concerns or abuse, and the vocabulary and confidence needed to do.

**Lesson 5 – My private parts are private – To understand safe and unsafe touches**How to recognise and report feelings of being unsafe or feeling bad about any adult.How to ask for advice or help for themselves or others, and to keep trying until they are heard.**Lesson 6 – Staying safe with medicine - To begin to understand how to stay safe with medicines**The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking. |

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| **Summer 1****Citizenship****Lesson 1 – Rules beyond school – To begin to understand the rules beyond school**The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.British Values – Rule of law**Lesson 2- Our school environment – To understand ways we can look after our school environment.**L3. about things they can do to help look after their environment’**Lesson 3 – Our local environment - To recognise the role people play in looking after the environmentL3.** about things they can do to help look after their environment**L.5.**about the different roles and responsibilities people have in their community’**Lesson 4 – Job roles in our community - To begin to understand the roles people have in the community.L.5. about the different roles and responsibilities people have in their community’****Lesson 5 – Similar yet different, my local community - To recognise similarities and differences between people in the local community.**to recognise the ways they are the same as, and different to, other people‘**British Values: Mutual respect, Tolerance of those with different faiths and beliefs** |

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| **Summer 2****Economic Wellbeing****Lesson 1 – Where money comes from – To understand where money comes from.****Lesson 2 – Needs and wants – To understand the difference between needs and wants.****Lesson 3 – Wants and needs – To understand how saving can help us buy things we want.****Lesson 4 – Looking after money – To understand that banks look after money and the benefits of bank accounts****Lesson 5 – Jobs – To understand that skills and interests will help someone decide what job they want to do.** |

Vocab

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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 |  |