

KEY STAGE 1 PSHE PROGRAMME OF STUDY														
YEAR 1														
		Objectives												
Topic	PSHE Unit	1	2	3	4	5	6	7	8	9	10	11	12	13
Why are humans not like Tigers?	Core theme 1 Unit 1 – Healthy Lifestyles	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
	Core theme 1 Unit 5 – Keeping Safe (Personal Safety/E-safety)						✓	✓	✓			✓		
Why can't penguins live near to the equator?	Core theme 2 Unit 2 - Bullying	✓	✓	✓	✓	✓	✓							
	Core theme 1 Unit 5 – Keeping Safe (Emotional Safety/E-Safety)									✓	✓	✓		
What do aliens think of life on planet earth?	Core theme 1 Unit 2 - Hygiene	✓	✓	✓	✓									
	Core theme 1 Unit 5 – Keeping Safe (Road Safety/E-Safety)	✓	✓	✓								✓		
Is the Wii/xbox better than Grandma or Grandad's old toys?	Core theme 2 Unit 1 - Communication	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Core theme 1 Unit 5 – Keeping Safe (Medicine Safety/E-Safety)				✓	✓						✓		
Which birds and plants would Peter Rabbit find in our park?	Core theme 2 Unit 4 – Family and Friends	✓	✓	✓	✓	✓	✓	✓	✓					
	Core theme 1 Unit 5 – Keeping Safe (Sun Safety/E-Safety)	✓										✓		
Where do and did the wheels on the bus go?	Core theme 3 Unit 1 – Rules and Responsibilities	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Core theme 1 Unit 5 – Keeping Safe (Stranger Danger, Water safety, E-Safety)	✓	✓							✓	✓	✓		

YEAR 2														
		Objectives												
Why would a dinosaur not make a good pet?	Core theme 1 Unit 3 – Changing and Growing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Core theme 1 Unit 5 – Keeping Safe (Personal Safety)							✓	✓	✓			✓	
How have people like Rosa Parks helped to make the world a better place?	Core theme 2 Unit 2 - Bullying							✓	✓	✓	✓			
	Core theme 1 Unit 5 – Keeping Safe										✓	✓	✓	
What is our school made of?	Core theme 3 Unit 2 – Communities	✓	✓	✓	✓	✓	✓	✓						
	Core theme 1 Unit 5 – Keeping Safe (Road Safety/E-Safety)	✓	✓	✓									✓	
Where would you prefer to live? England or Kenya?	Core theme 2 Unit 3 – Fairness	✓	✓	✓	✓	✓	✓	✓	✓					
	Core theme 1 Unit 5 – Keeping Safe (Medicine Safety/E-Safety)				✓	✓							✓	
What do we know about the Victorians and the way they lived?	Core theme 1 Unit 4 – Emotions	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Core theme 1 Unit 5 – Keeping Safe (Sun Safety/E-Safety)	✓											✓	
How old are the trees around us?	Core theme 3 Unit 3 – Money and Finance	✓	✓	✓	✓	✓	✓	✓						
	Core theme 1 Unit 5 – Keeping Safe (Stranger Danger, Water safety, E-Safety)	✓	✓								✓	✓	✓	

Core theme 1

Unit 1. Healthy lifestyles

1. Learn about where vegetables and fruit grow.
2. Understand the social aspect of eating together
3. Know that making good choices about food will improve their health and well-being
4. Understand the need for protein as part of a balanced diet
5. Recognise which types of food are healthy
6. Know how to make simple choices that will affect their health and well-being
7. Apply their knowledge of healthy eating to plan a menu for a themed party
8. Understand the need for physical activity to keep healthy
9. Learn to work as a team to solve a simple challenge
10. Understand how muscles work
11. Understand the importance of physical activity and rest as part of a balanced, healthy lifestyle

Unit 2. Hygiene

1. Learning to eradicate germs and the spread of diseases by washing hands
2. Importance of maintaining personal hygiene
3. Understand how germs spread infections and diseases
4. Learn about the importance of and reasons for bathing and showering

Unit 3. Changing and Growing

1. Identify and respect similarities and differences between boys and girls
2. Learn about the process of growing from young to old
3. Learn the names of different parts of the body
4. Recognise similarities and differences based on gender
5. Learn about physical changes in their bodies as they grow
6. Understand emotional changes as they grow up
7. Know that they have rights over their own bodies
8. Learn about how our needs change and grow as we develop
9. Learn to take responsibility for their own actions
10. Learn to be responsible for another living thing
11. Learn about a range of different feelings and emotions
12. Understand that it is acceptable to feel a range of emotions

Unit 4. Emotions

1. Learn about making positive choices and how they can lead to happiness
2. Recognise, name, manage and express feelings in a positive way
3. Learn about the importance of love
4. Understand and be aware of the different ways to show sadness
5. Understand about coping with change and loss
6. Understand that all actions have consequences
7. Learn to take responsibility for their actions
8. To learn from experiences
9. Recognise what is right and wrong and how behaviour affects other people
10. Think about themselves, learn from experiences and recognise what they are good at
11. Recognise choices they can make and value their achievements
12. Learn how to set simple goals and targets for themselves

Unit 5. Keeping Safe

1. Learn about making positive choices and how they can lead to happiness
2. Learn rules for, and ways of, keeping safe, including basic road safety and about people who can help them to stay safe
3. Develop an awareness of the Green Cross Code
4. Learn about the importance of medicine safety
5. Know that all household products, including medicines, can be harmful if not used properly
6. Learn the difference between secrets and surprises
7. Understanding when not to keep adults' secrets
8. Understand that it is acceptable to say 'no'
9. Learn about who to go to for help and advice
10. Learn about ways of, keeping safe, and about people who can help them to stay safe
11. Learn about the importance of using the internet safely

Core theme 2: Relationships

Unit 1. Communication

1. Recognise and communicate feelings to others
2. Learn how to share their views

3. Recognise, name and deal with their feelings in a positive way
4. Learn to take part in discussions with one other person and the whole class
5. Understand that it is important to share their opinions and to be able to explain their views
6. Learn to listen to other people and play and work cooperatively
7. Recognise the importance of listening to other people
8. Understand the importance of being able to work cooperatively
9. Understand the concept of negotiation
10. Take part in simple debate about topical issues
11. Communicate their feelings to others
12. Share opinions and explain their views
13. Listen to other people and work cooperatively

Unit 2. Bullying

1. Learn about bullies and bullying behaviour
2. Understand that bullying is wrong
3. Understand that name-calling is hurtful and avoidable
4. Take part in discussions with the whole class
5. Recognise how their behaviour affects other people
6. Understand what is, and what is not, bullying behaviour
7. Understand what is positive and negative behaviour
8. Understand who can help if someone is affected by bullying
9. Understand that there are different types of bullying, that bullying is wrong and how to deal with bullying

Unit 3. Fairness

1. Recognise what is fair and unfair
2. Learn to take part in discussions with the whole class
3. Learn about others
4. Understand that family and friends should care for each other
5. Understand the difference between right and wrong
6. Learn strategies to cope with unfair teasing
7. Understand that there are different types of teasing and bullying
8. Recognise what is kind and unkind behaviour

Unit 4. Family and Friends

1. Learn how to develop positive relationships with peers
2. Recognise that family and friends should care for each other
3. Understand the importance of making friends
4. Identify and respect the differences and similarities between people
5. Learn about some similarities and differences between people from different countries and the importance of cross-cultural friendships
6. Learn about the importance of sharing as part of friendship and kindness
7. Learn about the importance of family
8. Identify their special people and what makes them special

Core theme 3 Living in the Wider World

Unit 1. Rules and Responsibilities

1. Understand the reason why we have rules
2. Learn about rules as expectations
3. Understand and agree to follow rules for their group and classroom
4. Recognise why rules and expectations are important
5. Understand why we have rules/expectations
6. Learn about how they can contribute to the life of the class
7. Understand why it is important to be able to take turns
8. Agree and follow rules for a collaborative game
9. Understand the concept of 'borrowing'
10. Show responsibility to others
11. Understand the importance of sharing
12. Know that everyone has a responsibility to consider the needs of others
13. Understand that people and other living things have needs and that they have responsibilities to meet them

Unit 2. Communities

1. Understand their role in the class community
2. Know how to contribute to the life of the classroom
3. Understand that they belong to various groups and communities
4. Develop a sense of belonging in the wider community
5. Understand the role of the local community
6. Develop a strong relationship with the local community
7. Understand the importance of shared responsibility within all communities



PSHE Programme of Study 2019– 2020



Unit 3. Money and Finance

1. Understand where money comes from
2. Recognise notes and coins
3. Understand the role of money in our society
4. Understand why it is important to keep money safe
5. Understand the importance of managing money carefully
6. Understand the importance of choices and spending money wisely
7. Gain a basic understanding of enterprise