



KEY STAGE 1 PSHE PROGRAMME OF STUDY														
			YEAI	R 1										
							0	bjective	s					
Торіс	PSHE Unit	1	2	3	4	5	6	7	8	9	10	11	12	13
Why are humans not like	Core theme 1	V	V	V	V	V	V	V	V	V	V	V		
Tigers?	Unit 1 – Healthy Lifestyles													
	Core theme 1						V	V	V			V		
	Unit 5 – Keeping Safe (Personal													
	Safety/E-safety)													
Why can't penguins live near to the equator?	Core theme 2	v	V	v	V	V	V							
	Unit 2 - Bullying													
	Core theme 1									V	V	V		
	Unit 5 – Keeping Safe (Emotional													
	Safety/E-Safety)													
What do aliens think of life on planet earth?	Core theme 1	v	V	V	V									
	Unit 2 - Hygiene													
	Core theme 1	V	V	V								V		
	Unit 5 – Keeping Safe (Road Safety/E-													
	Safety)													
Is the Wii/xbox better than	Core theme 2	v	V	v	V	V	V	v	V	V	V	V	V	V
Grandma or Grandad's old	Unit 1 - Communication													
toys?	Core theme 1				V	V						V		
	Unit 5 – Keeping Safe (Medicine													
	Safety/E-Safety)													
Which birds and plants would Peter Rabbit find in our park?	Core theme 2	v	V	v	V	V	V	v	V					
	Unit 4 – Family and Friends													
	Core theme 1	v										V		
	Unit 5 – Keeping Safe													
	(Sun Safety/E-Safety)													
Where do and did the wheels on the bus go?	Core theme 3	V	V	V	V	V	V	V	V	V	V	V	V	٧
	Unit 1 – Rules and Responsibilities													
	Core theme 1	V	V							V	V	V		
	Unit 5 – Keeping Safe (Stranger Danger,													
	Water safety, E-Safety)													





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		Objectives												
Why would a dinosaur not make a good pet?	Core theme 1 Unit 3 – Changing and Growing	V	V	V	V	٧	V	V	V	٧	V	V	V	
	Core theme 1 Unit 5 – Keeping Safe (Personal Safety)						V	٧	٧			V		
How have people like Rosa Parks helped to make the world a better place?	Core theme 2 Unit 2 - Bullying Core theme 1						V	V	V	V V	V	V		
	Unit 5 – Keeping Safe			ļ.,										
What is our school made of?	Core theme 3 Unit 2 – Communities	V	V	V	V	V	V	V						
	Core theme 1 Unit 5 – Keeping Safe (Road Safety/E-Safety)	V	V	V								V		
Where would you prefer to live? England or Kenya?	Core theme 2 Unit 3 – Fairness	V	٧	٧	٧	٧	٧	٧	٧					
	Core theme 1 Unit 5 – Keeping Safe (Medicine Safety/E-Safety)				V	V						V		
What do we know about the Victorians and the way they lived?	Core theme 1 Unit 4 – Emotions	V	V	٧	V	٧	V	٧	٧	٧	V	V	V	
	Core theme 1 Unit 5 – Keeping Safe (Sun Safety/E- Safety)	V										V		
How old are the trees around us?	Core theme 3 Unit 3 – Money and Finance	٧	٧	٧	٧	٧	٧	٧						
	Core theme 1 Unit 5 – Keeping Safe (Stranger Danger, Water safety, E-Safety)	V	V							V	V	V		



# 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

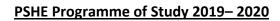
### Unit 2. Bullying

- 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 different 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

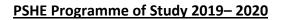
# Core theme 3 Living in the Wider World

# 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







# 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