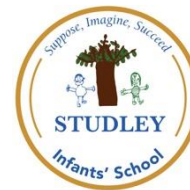


PHSE Curriculum Overview



Year 1

Autumn			Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PHSE	Meet your brain	Taking care (We all have the right to feel safe)	Celebrate	Appreciate	Relate	Engage
Sticky Knowledge/ Key concept	-Learning parts of the brain. -What happens in the brain when they feel their emotions. -The benefits of calming strategies.	-We all have the right to feel safe. -Identifying early warning signs of physical feelings. -Learning the correct terminology for naming body parts so that everyone knows exactly what is being talked about. The key message given is that the whole of their body is private and its up to them to give permission for people to touch them. -Understanding that we all have a network of people to help us if we are worried / scared.	-Learn the 5 character strengths 1.Love and kindness 2.Bravery and honesty 3.Exploring and learning. 4.Teamwork and friendship. 5.Love of life and our world. -Identify their character strength and celebrate others strengths.	-To understand what appreciate means and how we can show appreciation. -Appreciating others, experiences and themselves. -How to develop an attitude of Gratitude. They will learn how gratitude makes them feel good as well as themselves. -Happy breathing exercises to remind them how to appreciate the things that we might forget.	-What relate means. -celebrate differences in others. -What active listening is. -What `Stop, Understand and Consider` means and how this can help them with friendship issues. -How breathing can help them when they have big emotions.	-What it means to engage. -How to set goals. -Just because they can't do something straight away it doesn't mean that they cannot do it in the future.