

## PSHE CURRICULUM Years 1 and 2 AUTUMN TERMS

	<u>Health and Wellbeing</u> <u>Growing and Changing</u>	<u>Relationships</u> <u>Safe relationships</u>	<u>Living in the Wider World</u> <u>Money and Work</u>
<b>DISCOVER</b> Autumn A	Recognising what makes them unique and special; feelings; managing when things go wrong	Recognising privacy; staying safe; seeking permission	What money is; needs and wants; looking after money
<b>Theme: Strength</b>	<b>Resources</b>	<b>Resources</b>	<b>Resources</b>
<b>Question: Does challenge make you try harder?</b>	Strength Cards for Kids Books: 'I love my hair!' By Natasha Anastasia Tarpley	<a href="#">NSPCC – The underwear rule resources (PANTS)</a> <a href="#">Dongle the Rabbit</a> <a href="#">1 decision (5-8)-Relationships (£)</a> 'Your body belongs to you' by Cornelia Spelman and Teri Weidner 'My Body Belongs to Me' by Jill Starishevsky 'I Said No! A Kid-To-Kid Guide to Keeping Your Private Parts Private' by Kimberly King 'Because it's my body!' by Joanne Sherman	<a href="#">How can we look after our Money?</a>  <a href="#">Experian - Values, Money and Me (KS1)</a>
<b>Concepts: Change</b> <b>Resilience</b> <b>Failure</b> <b>Passion</b>			
	<u>Health and Wellbeing</u> <u>Physical Health and Mental Wellbeing</u>	<u>Health and Wellbeing</u> <u>Keeping Safe</u>	
<b>DISCOVER</b> Autumn B	Keeping healthy; food and exercise, hygiene routines; Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Safety in different environments; risk and safety at home; emergencies	
<b>Theme: Change/Influence</b>	<b>Resources</b>	<b>Resources</b>	
<b>Question: Can one person make a difference?</b>	<a href="#">NHS Eatwell Guide</a> <a href="#">'e bug' activities</a> <a href="#">PSHE Association – Dental Health Resources</a> <a href="#">NHS Change for Life Resources</a> <a href="#">PSHE Association Drug and Alcohol Education (Lessons for Y1 and 2)</a> <a href="#">PSHE Association Healthy Eating Resources</a> Books: 'I will not ever never eat a tomato' by Lauren Child	<a href="#">Life Live it Stay Safe Resources</a> Possible visitors: St. Johns Ambulance The Fire Service	
<b>Concepts: Service</b> <b>Wisdom</b> <b>Identity</b> <b>Influence</b>			

**PSHE CURRICULUM Years 1 and 2 SPRING TERMS**

	<u>Living in the Wider World</u> <u>Belonging to a Community</u>	<u>Health and Wellbeing</u> <u>Keeping Safe</u>	<u>Relationships</u> <u>Safe Relationships</u>	<u>Relationships</u> <u>Respecting Self and Others</u>
<b>EXPLORE</b> <b>Spring A</b> <b>Theme:</b> <b>Responsibility</b> <b>Question: Should we care about places far away?</b> <b>Concepts:</b> <b>Responsibility</b> <b>Beauty</b> <b>Stewardship</b> <b>Choice</b>	What rules are; caring for others' needs; looking after the environment	How rules and age restrictions help us; keeping safe online	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	How behaviour affects others; being polite and respectful
	<b>Resources</b>	<b>Resources</b>	<b>Resources</b>	<b>Resources</b>
	Books: 'Know and follow rules' by Cherie Meiner 'What If Everybody Did That?' by Ellen Javernick 'Dear Greenpeace' by Simon James	<a href="#">Thinkuknow Jessie and Friends</a>	<a href="#">End Bullying Organisation KS1 resources</a>	Books: 'How full is your bucket? For Kids' by Tom Rath  'Be polite and Kind' by Cherie Meiner
	<u>Living in the Wider World</u> <u>Belonging to a Community</u>	<u>Health and Wellbeing</u> <u>Keeping Safe</u>	<u>Relationships</u> <u>Families and Friendships</u>	
<b>EXPLORE</b> <b>Spring B</b> <b>Theme:</b> <b>Change/Influence</b> <b>Question: Does everyone live like I do?</b> <b>Concepts:</b> <b>Community</b> <b>Belonging</b> <b>Tradition</b> <b>Belief</b> <b>Equality</b>	Belonging to a group; roles and responsibilities; being the same and different in the community	Safety in different Environments – Road Safety Safety from child abduction (Clever Never Goes);	Making friends; feeling lonely and getting help	
	<b>Resources</b>	<b>Resources</b>	<b>Resources</b>	
	<a href="#">PSHE Association – Inclusion, belonging and addressing extremism, (KS1), 'Sameness and difference'</a>  Books: 'Giraffe's Can't Dance' by Giles Andreae	Possible Visitor: Louis Taylor Roadshow <a href="#">Clever Never Goes Resources (downloaded)</a>	<a href="#">1 decision (5-8) - Relationships (£)</a>	

**PSHE CURRICULUM Years 1 and 2 Summer TERMS**

	<u>Health and Wellbeing</u> <u>Physical Health and Mental Wellbeing</u>	<u>Living in the Wider World</u> <u>Money and Work</u>	<u>Health and Wellbeing</u> <u>Growing and Changing</u>
<b>CREATE Summer A</b>	Managing feelings and asking for help Sun safety	Strengths and interests; jobs in the community	moving class or year
<b>Theme: Expression</b>	<b>Resources</b>	<b>Resources</b>	<b>Resources</b>
<b>Question: Can you express how you feel without words?</b> <b>Concepts: Love Spirituality Passion Freedom</b>	<a href="#">PSHE Association – Mental health and wellbeing lessons (KS1)</a> <a href="#">Care in the Sun Resources</a> <a href="#">1 decision (5-8) -Keeping/staying healthy (£)</a> Books: 'The Way I Feel' by Janan Cain 'Big Feelings' by Alexandra Penfold, illustrated by Suzanne Kaufman 'Badgers Parting Gifts' by Suzanne Varley Michael Rosen's 'Sad Book'	School Future Stories Day	
	<u>Relationships</u> <u>Families and Friendships</u>	<u>Health and Wellbeing</u> <u>Growing and Changing</u>	<u>Health and Wellbeing</u> <u>Physical Health and Mental Wellbeing</u>
<b>CREATE Summer B</b>	Roles of different people; families; feeling cared for	Growing older; naming body parts; moving class or year	Keeping healthy; sun safety
<b>Theme: Image/Individuality</b>	<b>Resources</b>	<b>Resources</b>	<b>Resources</b>
<b>Question: Does who I am make me unique?</b> <b>Concepts: Identity Individuality Creativity Passion</b>	<a href="#">Medway Public Health Directorate - Primary RSE Lessons (KS1), Lesson 1, 'My special people'</a> Books: The family book by Todd Parr Who's in a family? by Robert Skutch 'Who's your real mum?' By Bernadette Green and Anna Zobel	<a href="#">Medway Public Health Directorate - Primary RSE Lessons (KS1), Lesson 3, 'Everybody's body'</a>	<a href="#">Care in the Sun Resources</a> <a href="#">1 decision (5-8) -Keeping/staying healthy (£)</a>