

St.Botolph's CE Primary School

KS1 PSHE Programme of units

2021-2022 (1)	2022-2023 (2)
Autumn 1	Autumn 1
<p>Myself and My Relationships <u>Beginning and Belonging</u> Do I understand simple ways to help my school feel like a safe, happy place? RR • How can I get to know the people in my class? CF • How do I feel when I am doing something new? MW • How can I help someone feel welcome in class? MW • What helps me manage in new situations? MW • Who can help me at home and at school? BS</p>	<p>Myself and My Relationships <u>My Emotions</u> • What am I good at and what is special about me? RR • How can I stand up for myself? RR • Can I name some different feelings? MW • Can I describe situations in which I might feel happy, sad, cross etc? MW • How do my feelings and actions affect others? MW • How do I manage some of my emotions and associated behaviours? MW • What are the different ways people might relax and what helps me to feel relaxed? MW • Who do I share my feelings with? MW</p>
Autumn 2	Autumn 2
<p>Citizenship <u>Diversity and Communities</u> What makes me 'me', what makes you 'you'? RR • Do all boys and all girls like the same things? RR • What is my family like and how are other families different? FP • What different groups do we belong to? RR • What is a stereotype and can I give some examples? RR • Who helps people in my locality and what help do they need? MW • What does 'my community' mean and how does it feel to be part of it? MW • How do people find out about what is happening in my community? MW • How do we care for animals and plants? • How can I help look after my school?</p>	<p>Myself and My Relationships <u>Anti-bullying</u> Why might people fall out with their friends? CF • Can I describe what bullying is? RR • Do I understand some of the reasons people bully others? RR • Why is bullying never acceptable or respectful? RR • How might people feel if they are being bullied? MW • Who can I talk to if I have worries about friendship difficulties or bullying? RR • How can I be assertive? RR • Do I know what to do if I think someone is being bullied? RR • How do people help me to build positive and safe relationships? CF • What does my school do to stop bullying? RR</p>
Spring 1	Spring 1
<p>Keeping Safe Week - Healthy & safer lifestyles <u>Digital Lifestyles</u> • What are some examples of ways in which I use technology and the internet and what are the benefits? OR</p>	<p>Keeping Safe Week - Healthy & safer lifestyles <u>Digital Lifestyles</u> • What are some examples of ways in which I use technology and the internet and what are the benefits? OR</p>

<ul style="list-style-type: none"> • What is meant by “identity” and how might someone’s identity online be different from their identity in the physical world? OR • What are some examples of online content or contact which might mean I feel unsafe, worried or upset? OR • What sort of information might I choose to put online and what do I need to consider before I do so? OR • When might I need to report something and how would I do this? OR • What sort of rules can help to keep us safer and healthier when using technology? IS • Who can help me if I have questions or concerns about what I experience online or about others’ online behaviour? IS <p>Rest of the half term</p> <p><u>Managing Safety and Risk</u></p> <ul style="list-style-type: none"> • What are risky situations and how might I feel? MW • What is my name, address and phone number and when might I need to give them? BFA • What is an emergency and who can help? BFA • What makes a place or activity safe for me? MW • What are the benefits and risks for me when walking near the road, and how can I stay safer? MW • What are the benefits and risks for me in the sun and how can I stay safer? HP • What do I enjoy when I’m near water and how can I stay safer? MW • What are the risks for me if I am lost and how can I get help? BS • How can I help to stop simple accidents from happening and how can I help if there is an accident? BFA 	<ul style="list-style-type: none"> • What is meant by “identity” and how might someone’s identity online be different from their identity in the physical world? OR • What are some examples of online content or contact which might mean I feel unsafe, worried or upset? OR • What sort of information might I choose to put online and what do I need to consider before I do so? OR • When might I need to report something and how would I do this? OR • What sort of rules can help to keep us safer and healthier when using technology? IS • Who can help me if I have questions or concerns about what I experience online or about others’ online behaviour? IS <p>Rest of the half term</p> <p><u>Personal Safety</u></p> <ul style="list-style-type: none"> • Can I identify different feelings and tell others how I feel? MW • Which school/classroom rules are about helping people to feel safe? BS • Can I name my own Early Warning Signs? BS • How do I know which adults and friends I can trust? CF • Who could I talk with if I have a worry or need to ask for help? BS • What could I do if a friend or someone in my family isn’t kind to me? BS • Can I identify private body parts and say ‘no’ to unwanted touch? BS • What could I do if I feel worried about a secret? BS • What could I do if something worries or upsets me when I am online? BS
Spring 2	Spring 2
<p><u>Myself and My Relationships</u></p> <p><u>Family and Friends</u></p> <ul style="list-style-type: none"> • Can I describe what a good friend is and does and how it feels to be friends? CF • Why is telling the truth important? CF • What skills do I need to choose, make and develop friendships? CF • How might friendships go wrong, and how does it feel? CF • How can I try to mend friendships if they have become difficult? CF • What is my personal space and how do I talk to people about it? BS • Who is in my family and how do we care for each other? FP • Who are my special people, why are they special and how do they support me? CF 	<p><u>Citizenship</u></p> <p><u>Rights, Rules & Responsibilities</u></p> <ul style="list-style-type: none"> • How do rules and conventions help me to feel happy & safe? (RR) • How do I take part in making rules? • Who looks after me and what are their responsibilities? • What jobs and responsibilities do I have in school and at home? • Can I listen to other people, share my views and take turns? RR • Can I take part in discussions and decisions in class?
Summer 1	Summer 1

<p><u>Healthy Me Week -</u> Healthy and Safer Lifestyles <u>Relationships and Sex Education</u> Year 1 <ul style="list-style-type: none"> • What are the names of the main parts of the body? BS • What can my amazing body do? • When am I in charge of my actions and my body? BS • How can I keep my body clean? HP • How can I avoid spreading common illnesses and diseases? HP Year 2 Relationships and Sex Education (RS 2) <ul style="list-style-type: none"> • How do babies change and grow? (Statutory NC Science Y2) • How have I changed since I was a baby? (Statutory NC Science Y2) • What's growing in that bump? (NC Science) • What do babies and children need from their families? FP • Which stable, caring relationships are at the heart of families I know? FP • What are my responsibilities now I'm growing up? CAB <u>Rest of the term</u> <u>Healthy Lifestyles</u> How can I stay as healthy as possible? HP <ul style="list-style-type: none"> • What does it feel like to be healthy? MW • What does healthy eating mean and why is it important? HE • Why is it important to be active & what are the opportunities for physical activity? PHF • What foods do I like and dislike and why? • What can help us eat healthily? HE • Why do we need food? • What healthy choices can I make? </p>	<p><u>Healthy Me Week -</u> Healthy and Safer Lifestyles <u>Relationships and Sex Education</u> Year 1 <ul style="list-style-type: none"> • What are the names of the main parts of the body? BS • What can my amazing body do? • When am I in charge of my actions and my body? BS • How can I keep my body clean? HP • How can I avoid spreading common illnesses and diseases? HP Year 2 Relationships and Sex Education (RS 2) <ul style="list-style-type: none"> • How do babies change and grow? (Statutory NC Science Y2) • How have I changed since I was a baby? (Statutory NC Science Y2) • What's growing in that bump? (NC Science) • What do babies and children need from their families? FP • Which stable, caring relationships are at the heart of families I know? FP • What are my responsibilities now I'm growing up? CAB <u>Rest of the term</u> <u>Drug Education</u> <ul style="list-style-type: none"> • Which substances might enter our bodies, how do they get there and what do they do? DAT • What are medicines and why and when do some people use them? DAT • When and why do people have an injection from a doctor or a nurse? HP • Who is in charge of what medicine I take? DAT • What different things can help me feel better if I feel poorly? DAT • How can I keep safe with medicines and substances at home and at school? DAT • What is persuasion and how does it feel to be persuaded? MW </p>
<p>Summer 2</p>	<p>Summer 2</p>
<p><u>Myself and My Relationships</u> <u>Managing Change</u> <ul style="list-style-type: none"> • How are my achievements, skills and responsibilities changing and what else might change? • How might people feel during times of loss and change? MW • How do friendships change? CF • What helps me to feel calmer when I am experiencing strong emotions linked to loss and change? MW • How might people feel when they lose a special possession? • When can I make choices about changes? </p>	<p><u>Myself and My Relationships</u> <u>Working Together</u> <ul style="list-style-type: none"> • What am I and other people good at? • What new skills would I like to develop? • How can I listen well to other people? RR • How can I work well in a group? RR • Why is it important to take turns? RR • How can I negotiate to sort out disagreements? CF • How are my skills useful in a group? • What is a useful evaluation? RR </p>

Economic Wellbeing
Financial Capability

Where does money come from and where does it go when we 'use' it?

- How might I get money and what can I do with it?
- How do we pay for things?
- What does it mean to have more or less money than you need?
- How do I feel about money?
- How do my choices affect me, my family, others?
- What is a charity?