

Year 1 PSHE Curriculum

Term 1 - Resilience

Lesson 1 (resilience) - EYFS lesson highlights that everyone faces difficulties and feels sad. Y1 lesson gives children strategies when they face a challenge.

Lesson 2 (emotions) - EYFS lesson identifies emotions. Y1 lesson challenges children to say when they feel different emotions.

Lesson 3 (triggers and Tornado Zone) - EYFS lesson explains that everyone feels anger. Y1 lesson introduces the Tornado Zone and provides two hops out of it.

Lesson 4 (the arena) - EYFS lesson pinpoints why it can be difficult to join in. Y1 lesson explain how it feels good to have a go (The Arena).

Lesson 5 (road to success) - EYFS lesson encourages children to try new things. Y1 lesson informs children on why stereotyping is wrong.

Lesson 6 (facing mistakes) - EYFS lesson explains the uncomfortable feelings associated with making a mistake. Y1 lesson shows that mistakes are often the first step to learning.

End Point

- I know what to do when I find something tricky

Careers

- Coastguard (social care)

New Knowledge Content

What will the pupils know at the end of this unit that they didn't know before?

Skill development

How they will show and apply their new knowledge

Vocabulary

1: Resilience

I will know what to do when I find something tricky

- Some people give up quickly when they do not understand something
- Resilience is when you keep trying when you find something tricky
 - Take a deep breath
 - Ask for help
 - Keep trying

Being human: calm

mistakes, unkindness, resilient, calm

2: Emotions

I will know about different emotions

- An emotion is what a person is feeling
- We can feel different feelings at different points of the day when different things happen (eg excited / happy / worried / shy / tired / love / surprised)
- It is surprising just how many emotions we feel during the day

Being human: calm

emotions, sad, happy, excited, angry, worried, favourite

3: Triggers and Tornado Zone

I will know that anger can lead to bad decisions

- When we are angry, it is like a tornado in your head
- What it feels like when you are in the Tornado Zone (e.g. breathing faster, face red, you might feel you want to hurt someone for what they have done)

Being human: enraged

Tornado Zone, Pressure Zone, Chill Zone, angry, deep breath, medical

<ul style="list-style-type: none"> There are 2 hops from the Tornado Zone back to the Chill Zone: <ul style="list-style-type: none"> take a deep breath walk away from the person who has made you angry 	
4: The Arena I will know that courage is needed to shine <ul style="list-style-type: none"> When we perform in front of others it is perfectly natural to feel anxious Thought gremlins can also be triggered Anxiety can also lead to a physical reaction – heart pounding, hands shaking etc. Facing anxiety it can make you feel happy 	Being human: enraged Tornado Zone, angry, shaking, triggers, deep breath, walk away, strange, confused
5: Road to Success I will know that failing helps you to learn <ul style="list-style-type: none"> There are four steps to take to learn something new <ul style="list-style-type: none"> 1. have the right equipment 2. have a teacher or expert 3. find a place to practise 4. fail The pit of failure can stop people learning something new - you can get out: <ul style="list-style-type: none"> take a deep breath to relax your whole body and calm you down remember that mistakes give you a great chance to learn Treating failure as a chance to improve is like a superpower - it helps you learn lots of different things Everybody makes mistakes every day 	Being human: guilty fail, bounce back, shame, practice
6: Facing Mistakes I will know why I should be honest when I make a mistake <ul style="list-style-type: none"> A mistake is a wrong action It is brave to admit when you have made a mistake It is the right thing to do to admit when you have made a mistake because you can learn it If you tell the truth then other people will trust you 	Being human: guilty mistake, apologise, shame, regret, warned, damage, handled, event
End Point <ul style="list-style-type: none"> I know what to do when I find something tricky 	
Assessment <ul style="list-style-type: none"> PHSE Journals and class discussions 	

Term 2 - Relationships

Lesson 1 (families and people who care) - EYFS lesson highlights what caring families do. This lesson explains that there are lots of different families and all should be respected. .

Lesson 2 (online relationships) - EYFS lesson identifies safe strangers. This lesson explores relationships online and discusses personal questions.

Lesson 3 (bullying) - EYFS lesson informs children to tell a trusted adult about bullying. This lesson explains why bullying is wrong. .

Lesson 4 (collaboration) - EYFS lesson explains how you can achieve more as a team. This lesson explains how you can be a good team member.

Lesson 5 (stereotyping) - EYFS lesson encourages children to treat everyone the same no matter how they look. This lesson identifies why people should not be judged on what they look like. .

Lesson 6 (violence) - EYFS lesson lists why violence is harmful. This lesson shows the consequences of violence.	
<p>End Point</p> <ul style="list-style-type: none"> • I know that every family should be respected • I know why bullying is wrong 	<p>Careers</p> <ul style="list-style-type: none"> • GP (healthcare)
<p>New Knowledge Content</p> <p>What will the pupils know at the end of this unit that they didn't know before?</p> <p>Skill development</p> <p>How they will show and apply their new knowledge</p>	Vocabulary
<p>1. Families and People Who Care</p> <p>I will know that every family should be respected</p> <ul style="list-style-type: none"> • A family is two or more people related by birth, marriage or adoption • There are lots of different families and they should all be respected • Some families have a mum and a dad • Some families have one mum/dad • Some families have two dads/mums 	<p>Being human: grateful</p> <p>support, safe, families, loved</p>
<p>2. Online Relationships</p> <p>I will know that online strangers can be harmful</p> <ul style="list-style-type: none"> • Online relationships: someone you communicate with on the internet • You should not answer personal questions • If someone you don't know asks to meet you tell a trusted adult • You have to be careful with online relationships: <ul style="list-style-type: none"> ◦ some people pretend to be someone else ◦ some people feel protected by a screen and write negative things 	<p>Being human: grateful</p> <p>internet, private, strangers, online, personal, address, information</p>
<p>3. Bullying</p> <p>I will know why bullying behaviour is wrong</p> <ul style="list-style-type: none"> • What bullying is: <ul style="list-style-type: none"> ◦ upsetting ◦ repeated ◦ deliberate (on purpose) • If someone is being bullied then it makes them feel so sad that they might not want to go to school • Telling a trusted adult about bullying is important 	<p>Being human: frustrated</p> <p>bullying, repetitive, physical, upsetting, deliberate (on purpose), harmful</p>
<p>4. Collaboration</p> <p>I will know the importance of being a good team member</p> <ul style="list-style-type: none"> • Teamwork helps to do something well • Teamwork makes people feel good • Some people struggle to work as a member of a team • Teamwork is when people work together to complete a task: <ul style="list-style-type: none"> ◦ talk with each other ◦ listen 	<p>Being human: frustrated</p> <p>announcement, trophy, tournament, teamwork, final, united</p>

<ul style="list-style-type: none"> ○ help each other 	
5. Stereotyping I will know that stereotyping is wrong <ul style="list-style-type: none"> ● A stereotype is a judgement about someone because of how they look <ul style="list-style-type: none"> ○ stereotypes for girls (e.g. all girls: like pink, like dancing, like to dress up, like babies, cry a lot) ○ stereotypes for boys (e.g. all boys: play football, are smelly, are strong, are naughty, like blue) ● Stereotyping is a bad thing because you are judging someone before you know them ● Stereotyping is a bad thing because it can stop people doing what they love to do 	<i>Being human: tranquil</i> nervous, surprised, awful, stereotype, prove, passer
6. Violence I will know the consequences of using violence <ul style="list-style-type: none"> ● Pushing someone is a violent act and can hurt someone ● If someone bumps their head then you should tell a trusted adult ● Using violence can get you in serious trouble ● If someone is rude to you then walk away from them and tell a trusted adult 	<i>Being human: tranquil</i> violent, pushing, throwing, objects, pinching, kicking, consequences
End Point <ul style="list-style-type: none"> ● I know that every family should be respected ● I know why bullying is wrong 	
Assessment <ul style="list-style-type: none"> ● PHSE Journals and class discussions 	

Term 3 - Mental Wellbeing

Lesson 1 (expressing yourself) - EYFS lesson explains that everybody feels sad. This lesson explains that it is important to talk to someone if you are frustrated/worried.

Lesson 2 (thought gremlins) - EYFS lesson illustrates examples of thought gremlins. This lesson discusses thoughts that are helpful.

Lesson 3 (values) - EYFS lesson provides examples of values. This lesson shows how values can help make good decisions.

Lesson 4 (gratitude) - EYFS lesson encourages children to think about who they are thankful for. This lesson identifies why school is important.

Lesson 5 (challenges) - EYFS lesson refers to how challenges help us to grow. This lesson underlines the point that everyone faces challenges.

Lesson 6 (circle of kindness) - EYFS lesson identifies what a kind action is. This lesson emphasises why we should be kind.

End Point <ul style="list-style-type: none"> ● I know what to do when I feel frustrated 	Careers <ul style="list-style-type: none"> ● Pilot (transport)
New Knowledge Content What will the pupils know at the end of this unit that they didn't know before? Skill development How they will show and apply their new knowledge	Vocabulary
1. Expressing Yourself I will know that talking helps when you are feeling frustrated <ul style="list-style-type: none"> ● What the best thing to do is when a life challenge makes you feel sad or angry 	<i>Being human: scared</i>

<ul style="list-style-type: none"> • Why it is important to talk to someone • Who the right person is to talk to and why 	sad, nervous, express, challenges, emotions, favourite, frustrated, stormed
2. Thought gremlins (worrying thoughts) I will know how to use helpful thoughts <ul style="list-style-type: none"> • What a thought gremlin is • Know a range of thought gremlins that might occur • Why thought gremlins are harmful • What thought gremlins come up for me 	<i>Being human: scared</i> thoughts, gremlins, scary, gymnastics, perfectly, competition
3. Values I will know how values help me to make good decisions <ul style="list-style-type: none"> • What a value is • A range of types of values • Which are the most important values • Living to your values makes you feel happy 	<i>Being human: content</i> patient, hard-working, resilient, successful
4. Gratitude I will know to be thankful for the good things in my life <ul style="list-style-type: none"> • Reasons to be thankful for school • Identifying what you are thankful for 	<i>Being human: content</i> candyfloss, thankful, positive, relationships, negative, temperature
5. Challenges I will know that everyone faces challenges <ul style="list-style-type: none"> • What a challenge is • The roller coaster of life. What does it mean? • Everyone has challenges, every day • Challenges you have faced 	<i>Being human: confident</i> mistakes, changes, challenges, roller coaster, ups and downs
6. Circle of Kindness I will know why we should be kind <ul style="list-style-type: none"> • Examples of kindness <ul style="list-style-type: none"> ◦ <i>Helping tidy up</i> ◦ <i>Picking someone up when they fall</i> ◦ <i>Helping someone find something</i> ◦ <i>Supporting someone when they are finding something difficult</i> • Kind acts spread to help build a community where we feel safe and happy 	<i>Being human: confident</i> habits, positive habits, germs,
End Point <ul style="list-style-type: none"> • I know what to do when I feel frustrated 	
Assessment <ul style="list-style-type: none"> • PHSE Journals and class discussions 	

Term 4 - Health Education

Lesson 1 (sleep) - EYFS lesson states that you can't focus when you are tired. This lesson highlights what happens if you do not get enough sleep.

Lesson 2 (healthy eating) - EYFS lesson shows what happens when you have too much sugar. This lesson lists the foods that the body needs.

Lesson 3 (exercise) - EYFS lesson highlights the benefits of exercise. This lesson highlights how exercise is good for the heart.

Lesson 4 (harmful habits) - EYFS lesson illustrates the dangers of putting things in your mouth. This lesson shows what is harmful in the house.

Lesson 5 (internet safety) - EYFS lesson explains why you should be careful online. This explains that there are some scary videos on the internet.

Lesson 6 (keeping safe) - EYFS lesson stresses how to stay safe in a busy place. This lesson highlights that you should phone 999 if there is an emergency.

End Point

- I know some things can cause me harm and to ring 999 in an emergency
- I know that there are scary videos on the internet

Careers

- Librarian (education)

New Knowledge Content

What will the pupils know at the end of this unit that they didn't know before?

Skill development

How they will show and apply their new knowledge

Vocabulary

1: Sleep

I will know what happens if I do not get enough sleep

- How sleep influences behaviour and attitudes
- Impact on behaviour if you do not get enough sleep - headaches, lack of focus, quicker to trigger
- Recognise the importance of sleep

Being human: lazy

sleep, tiredness, buzzed, focus, accident, interrupted, usual

2. Healthy Eating

I will know the foods that my body needs

- The importance of eating fruits and vegetables
- Understanding what happens if we do not give our body the food that we need

Being human: lazy

growling, fruits, vegetables, thunder, vitamins

3. Exercise

I will know that exercise is good for the heart

- Stretching helps muscles stay strong and healthy
- Knowing how to find a pulse (neck and wrist)
- Exercise is fun, makes you feel good and helps you sleep
- Exercise also keeps your heart healthy

Being human: inspired

lioness, stretching, muscles, injuries, pulse, thump, exhausted, heart

4: Harmful Habits

I will know that there are harmful things in the house

- Matches can be dangerous because they can start a fire or burn someone
- Dangerous objects in the kitchen - chemicals, kettle, stove
- Dangerous objects in the lounge - candle and plug sockets
- Dangerous objects in the bathroom - bleach and medicines
- Recognise that you have to be careful with objects in the house

Being human: inspired

dangers, screen time, television, video games, lights, middle brain, stranger, danger, negative, inappropriate

5: Internet Safety

I will know that there are scary videos on the internet

- If you are not careful on the internet you might find some distressing videos

Being human: brave

<ul style="list-style-type: none"> Ask a trusted adult to check what you are searching if you are unsure 	internet, danger, images, inappropriate, clownfish, google, terrified, gasped	
6: Keeping Safe I will know to ring 999 in an emergency <ul style="list-style-type: none"> Emergencies are a serious incident when someone is hurt Ring 999 in an emergency When you phone 999, you are asked different questions Paramedics are the people that help when someone is hurt 	Being human: brave risk, matches, busy, untidy, unsafe, electricity, hazard	
End Point		
<ul style="list-style-type: none"> I know some things can cause me harm and to ring 999 in an emergency I know that there are scary videos on the internet 		
Assessment		
<ul style="list-style-type: none"> PHSE Journals and class discussions 		

Term 5 - Caring Friendships

Lesson 1 (friendships) - EYFS lesson states what caring friends do. This lesson highlights the importance of friends.

Lesson 2 (empathy) - EYFS lesson shows what to do when a friend is finding something difficult. This lesson lists why losing can be hard.

Lesson 3 (reporting) - EYFS lesson highlights the need to tell an adult when something serious happens. This lesson explains why you should tell a trusted adult about unkindness.

Lesson 4 (honesty) - EYFS lesson states that friends tell the truth to each other. This lesson shows that trust is lost if you lie.

Lesson 5 (peer pressure) - EYFS lesson explains not to do something just because a friend tells you to do it. This explains the importance of standing up to peer pressure.

Lesson 6 (conflict) - EYFS lesson stresses to share what is important to me. This lesson highlights the need to tackle unfairness.

End Point

- I know to tell an adult about unkindness, unfairness or peer pressure
- I know that people will not trust me if I lie

Careers

- Vet (animal care)

New Knowledge Content

What will the pupils know at the end of this unit that they didn't know before?

Skill development

How they will show and apply their new knowledge

Vocabulary

1. Friendships

I will know the importance of friends

- To be a good friend you need to do things with people (going to parties, playing games etc.), listen, show kind actions and say kind words.
- Important to have a balance between doing well at school and friends.

Being human: trust

friendship, sharing, certificate, caring, positive, support, lonely, cancelled, advice

2. Empathy

Being human: trust

<p>I will know that losing can be hard</p> <ul style="list-style-type: none"> • Uncomfortable feelings are triggered when you lose. • It does not matter how good you are at something; you are going to lose sometimes. • If you are the winner then you need to empathise with the person that loses. 	celebrated, Connect 4, slammed, counters, reacted, buzz
<p>3. Reporting</p> <p>I will know to tell an adult about unkindness</p> <ul style="list-style-type: none"> • Unkindness is saying nasty things about someone. • Unkindness is leaving someone out. • Unkindness is taking someone's jacket without asking. • It is important (and difficult) to tell an adult about someone being unkind. • Telling an adult will usually stop unkindness and bullying. 	<i>Being human: uncertain</i> reporting, tell, situation, depends, unkindness
<p>4. Honesty</p> <p>I will know that people will not trust me if I lie</p> <ul style="list-style-type: none"> • A lie is when you say something that is untrue. • If you lie then people do not trust you any more. • Lying also makes you feel guilty and can get you in trouble. 	<i>Being human: uncertain</i> lying, lies, believe, trust, pretend, forehead, bored, miracle,
<p>5. Peer Pressure</p> <p>I will know to stand up to peer pressure</p> <ul style="list-style-type: none"> • Peer pressure is when someone your age tells you to do something. • Peer pressure can make people make bad decisions. • Making bad decisions can affect your friendships • It is important to breathe and give yourself time when there is peer pressure. 	<i>Being human: fitting in</i> peer pressure, dare, interrupted, impact, volunteer, harmful, scenes, determined, soaked
<p>6. Conflict</p> <p>I will know how to stand up to unfairness</p> <ul style="list-style-type: none"> • It is hard to stand up to people sometimes. • The reason it can sometimes be difficult is that standing up can lead to conflict. • You can stand up for yourself by taking a deep breath and then calmly explaining why you are upset. • If you do not stand up to unfairness then the sadness bubble can grow. 	<i>Being human: fitting in</i> conflict, broccoli, cause, response, disagreement, conversations, Tornado Zone, clue, snatched
<p>End Point</p> <ul style="list-style-type: none"> • I know to tell an adult about unkindness, unfairness or peer pressure • I know that people will not trust me if I lie <p>Assessment</p> <ul style="list-style-type: none"> • PHSE Journals and class discussions 	

Term 6 - Living in the Wider World

Lesson 1 (tolerance) - EYFS lesson states that you can learn things from different people. This lesson highlights that differences can be a good thing.

Lesson 2 (care for community) - EYFS lesson shows how to care for my community. This lesson lists what happens if you do not care for your community.

Lesson 3 (work) - EYFS lesson highlights how to get better at something. This lesson explains how you can work on yourself.

Lesson 4 (money) - EYFS lesson states why you should not bring money into school. This lesson shows the importance of saving money.

Lesson 5 (winning and losing) - EYFS lesson explains how to deal with losing well. This lesson explains why I should play fairly.
 Lesson 6 (change) - EYFS lesson stresses that change can be tricky. This lesson highlights that change happens to everyone.

End Point	Careers
<ul style="list-style-type: none"> I know that differences are a good thing I know why I should play fairly I know that change happens to everyone 	<ul style="list-style-type: none"> Florist (creative)
<p>New Knowledge Content What will the pupils know at the end of this unit that they didn't know before? Skill development How they will show and apply their new knowledge</p>	Vocabulary
<p>1. Tolerance I will know that differences are a good thing <ul style="list-style-type: none"> There are many ways to be different - eye colour, height, family, skin colour etc. It is important to appreciate people's differences. Being tolerant gives you the chance to learn new things. </p>	<p>Being human: compassion invitation, differences, country, greeted, headgear</p>
<p>2. Care for Community I will know what happens if we do not care for our community <ul style="list-style-type: none"> A community is a group of people who live and work together. A classroom is an example of a community. If people do not care about a classroom then resources get damaged, jackets end up on the floor and jackets end up on the floor. Being in an uncaring community makes people feel sad. </p>	<p>Being human: compassion compassion, community, resources, kindness, responsibility, jackets, tidy, prepare</p>
<p>3. Work I will know that you can work on yourself <ul style="list-style-type: none"> We all have Ooopsie Wednesdays (days where we make mistakes). We can make mistakes in maths, mistakes on the playground, mistakes with friendships. Mistakes can trigger lots of uncomfortable emotions. The key is to accept these mistakes and then try to learn from them. </p>	<p>Being human: thrilled mistakes, disappeared, instruments, drumstick, learn, improve, accept, helpful, guilty, honest, proud</p>
<p>4. Money I will know the importance of saving money <ul style="list-style-type: none"> Some people spend money straight away. Some people save money so that they can buy expensive things. Shoplifting is when you take something from a shop without paying. Shoplifting is against the law. </p>	<p>Being human: thrilled thrilled, money, coins, spend, notes, save, home-made, exploded, law, guilty</p>
<p>5. Winning and Losing I will know why I should play fairly <ul style="list-style-type: none"> Cheating is when you lie when playing a game. Cheating is not fair on the people you are playing with. People will want to stop playing with you if you cheat. If you cheat to win then you feel guilty and sad about your behaviour. </p>	<p>Being human: proud winning, emotions, counter, losing, opponents, prayed, cheated, electric</p>

<p>6. Change</p> <p>I will know that change happens to everyone</p> <ul style="list-style-type: none">• Examples of change are a new teacher, moving house, a dress-up day at school.• Change can trigger lots of different emotions. A lot of these emotions are uncomfortable.• Change is sometimes difficult to predict so it is important to get used to change.• Thinking of life as a rollercoaster is a good way of dealing with change.	<p><i>Being human: proud</i></p> <p>change, character, crawled, pantomime, roller coaster,</p>	
<p>End Point</p> <ul style="list-style-type: none">• I know that differences are a good thing• I know why I should play fairly• I know that change happens to everyone		
<p>Assessment</p> <ul style="list-style-type: none">• PSHE Journals and class discussions		