

Kingston St Mary C of E Primary School



PSHE & SRE CURRICULUM PLANNING

YEAR 1 OVERVIEW		
SRE OBJECTIVE (statutory)	PHSE PoS	LEARNING THEMES
AUTUMN 1 What is the same and different about us?		
RESPECTFUL RELATONSHIPS The importance of respecting others even when they are very different from them (e.g. physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	OURSELVES AND OTHERS Similarities and difference; Individuality Our bodies	<ul style="list-style-type: none"> • What they like/dislike and are good at • What makes them special and how everyone has different strengths • How their personal features or qualities are unique to them • How they are similar or different to others, and what they have • In common • It is important to respect others – celebrate their similarities and differences.
AUTUMN 2 Who is Special to Us?		
FAMILIES AND PEOPLE WHO CARE FOR ME <ul style="list-style-type: none"> • That families are important for children growing up because they can give love, security and stability • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. BEING SAFE <ul style="list-style-type: none"> • About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe MENTAL WELLBEING <ul style="list-style-type: none"> • That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and a scale of emotions that all humans experience in relation to different experiences and situations 	OURSELVES AND OTHERS People who care for us Groups we belong to Families	<ul style="list-style-type: none"> • That family is one of the groups they belong to, as well as, for example, school, friends, clubs – focus on family. • About the different people in their family / those that love and • Care for them • What their family members, or people that are special to them, • Do to make them feel loved and cared for in happy families and how children can feel unsafe in their families • How families are all different but share common features – what is the same and different about them and other families – may need to be fictional if no differences with the group. • The different feelings they may experience with their families, e.g happy, sad, unsafe – scenarios that may cause these emotions. • That it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy frightened, unsafe or worried
• SPRING 1 What helps us stay healthy?		
HEALTH AND PREVENTION <ul style="list-style-type: none"> • About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. • About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of hand washing. 	HEALTH AND WELLBEING Being healthy Hygiene	<ul style="list-style-type: none"> • What being healthy means and who helps help them to stay. • Healthy (e.g. Parent, dentist, doctor) • That things people put into or onto their bodies can affect how • They feel

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<ul style="list-style-type: none"> The facts and science relating to allergies, immunisation and vaccination. PHYSICAL HEALTH AND FITNESS <ul style="list-style-type: none"> The characteristics and mental and physical benefits of an active lifestyle The importance of building regular exercise into daily and weekly routines and how to achieve this; e.g. Walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise 	Medicines People who help us with health	<ul style="list-style-type: none"> Learn about personal hygiene and germs including bacteria, viruses, how they are spread and treated and what they can do to take care of themselves on a daily basis e.g. Brushing teeth and hair, hand washing What do we do to keep fit? Why is it important to exercise?
SPRING 2 What can we do with money?		
	LIVING IN THE WIDER WORLD Money Making choices Needs and wants	<ul style="list-style-type: none"> What money is - that money comes in different forms How money is obtained (e.g. Earned, won, borrowed, presents) How people make choices about what to do with money, including spending and saving The difference between needs and wants - that people may not always be able to have the things they want How to keep money safe and the different ways of doing this
• SUMMER 1 Who helps to keep us safe?		
BEING SAFE <ul style="list-style-type: none"> How to respond safely to adults they may encounter (in all contexts, including online) whom they do not know How to ask for advice or help for themselves or others, and to keep trying until they are heard How to recognise and report feelings of being unsafe or feeling bad about any adult 	HEALTH AND WELLBEING Keeping safe People who help us	<ul style="list-style-type: none"> That people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people Who can help them in different places and situations; how to attract someone's attention or ask for help; what to say How to respond safely to adults they don't know How to recognise feelings of being unsafe or feeling bad about any adult. What to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard Who their trusted adults are.
• SUMMER 2 How can we look after each other and the world?		
RESPECTFUL RELATIONSHIPS <ul style="list-style-type: none"> That in school and wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority CARING FRIENDSHIPS <ul style="list-style-type: none"> How important friendships are in making us feel happy and secure, and how people choose and make friends. 	LIVING IN THE WIDER WORLD Ourselves and others The world around us Caring for others Growing and Changing	<ul style="list-style-type: none"> How kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively About respectful relationships: being treated with respect and showing respect to others, inc those in positions of authority How important friendships are in making us feel happy and secure, and how people choose and make friends. How to manage change when moving to a new class/year group.

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