

Year 1 – PSHE Curriculum Map

AUTUMN	Relationships	<u>Be Yourself:</u> This unit is inspired by the idea of having that confidence to ‘be yourself’ can have a positive impact on mental health and emotional wellbeing. It aims to enable children to recognise their positive qualities and appreciate individuality. In this unit, children are encouraged to recognise different emotions and explore different strategies to help them manage any uncomfortable feelings they experience. They will learn about how big life changes impact on feeling and emotions and explore the importance of sharing their thoughts and feelings. • Say what makes them an individual; • Identify feelings from facial expressions and body language; • Talk confidently from facial expressions and body language; • Talk confidently about what they like that makes them feel happy; • Explain how to manage feelings of anger and sadness; • Describe strategies to explain how change and loss can be dealt with positively; • Understand the importance of sharing their thoughts and feelings respectfully.
	Relationships	<u>TEAM:</u> This unit is inspired by the idea that if a team works well together, it has a positive impact on all of its members and what they can achieve. It aims to enable the children to develop successful listening. In this unit, children learn about the importance of being kind to others, the effects of bullying and teasing and what to do about it if they see it happening, or it happens to them. They will also think about the effective learning skills and how to identify good and not-so-good choices. • Show the teams they belong to through pictures, name these teams and explain how it feels to be part of the team; • Create a picture by using good listening to follow instructions; • Create a chain of kindness by thinking of their own idea of a way to be kind; • Draw or write ways to deal with teasing or bullying behaviour; • Sort thoughts given into helpful and not-so-helpful thought categories; • Draw a picture to show a time they have made a good choice and to write what happens next.
SPRING	Living in the Wider World	<u>Think Britain:</u> This unit is inspired by the idea that individuals can have a positive impact on groups and communities to which they belong. It aims to enable the children to identify that they belong to various groups and communities and ways in which they contribute positively to these. In this unit, children learn about community, being good neighbours and looking after the environment. They will also learn about Britain, what it means to be British, about diversity and the importance of celebrating and being respectful of our differences. • Describe how they can help groups and communities they belong to; • Recognise choices can have negative and positive consequences. • Explain some consequences of negative and positive choices; • Talk about why helping their neighbourhood is important; • Describe different aspects of living in Britain; • Give reasons why it is important to have differences;

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SUMMER		- Identify famous British people, places and events; - Explain what famous British people, places and events tell them about being British.
	Living in the Wider World	<u>Money Matters:</u> This unit encourages children to think about where money comes from and how it can be used. Children will discuss the idea of spending and saving their money and begin to understand why it is important to keep belongings, including money, safe. They will also learn about different things on offer when they go shopping and how we need to identify the difference between what we want and what we need.
		- Explain ways we can save money; - Identify why it is important to keep money safe; - Discuss ways we can keep track of money we spend; - Identify what influences what we buy.
	Health and Wellbeing	<u>It's My Body:</u> The 'It's My Body' unit explores choices that children can make about looking after their bodies. The lessons look at key areas where children can make safer choices; their body, sleep and exercise, diet, cleanliness and substances. Children will learn facts about each of these areas and learn strategies to manage them. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.
		- Describe their daily bedtime routine; - Explain what happens if you do not exercise regularly; - Explain that other people have rights for their own body; - List some foods that are good to have once a week; - Identify hazard signs that mean something is dangerous; - Explain what germs are and why people need to keep clean.
	Health and Wellbeing	<u>Aiming High:</u> In this unit. Children will learn about having high aspirations. They will start by discussing positive views of themselves and will then identify and having a positive learning attitude can help them tackle and achieve new learning challenges. Opportunities will also be provided for children to share aspirations for the future, with regard to employment and personal goals. Through this learning, different job roles will be considered. In doing this, some difficulties faced by stereotyping will be explored.
		- Identify star qualities in others; - Give examples of positive learning attitude statements; - Identify attributes they have that would suit them to a desired job; - Challenge stereotypes; - Discuss their ambitions; - Identify ways next year will be different and explain why they think this.