

PSHE and RSE Curriculum KS1

Year 1 and 2	Autumn Module	Spring Module	Summer Module
Year A	<p>Keeping/Staying Healthy</p>	<p>Fire Safety</p>	<p>Relationships</p>
	<p>[NB This unit is covered through the KS1 science curriculum] In the module children will learn that food is needed for bodily health and growth, and will be able to identify what types of food are positive choices. They will practise simple cleanliness routines such as washing hands, and learn about how to minimise the spread of infectious diseases. They will explore simple safety rules related to medicinal drugs.</p> <p>Specifics covered include:</p> <ul style="list-style-type: none"> -Healthy eating and the importance of a balanced diet -The importance of physical activity and regular exercise -Dental hygiene and effective teeth cleaning -Managing basic personal hygiene, e.g. hand washing and preventing the spread of germs -How and when we use medicines and how to do so safely. -Human lifecycle <ul style="list-style-type: none"> • The characteristics and mental and physical benefits of an active lifestyle. • The importance of building regular physical activity into daily and weekly routines 	<p>This module helps children identify potential dangers that could cause a fire or serious incident. Throughout the topics, students will be able to follow fire safety rules and practise simple ways of staying safe and finding help. The Fire Service module also includes a short fire safety documentary to help children understand the importance of being responsible, how their actions can affect others, and how to stay safe in the home and community.</p> <p>Specifics covered include:</p> <ul style="list-style-type: none"> • dangers of fire and risk of causing fires through carelessness/play, • fire prevention, • calling the emergency services • the consequences of hoax calling, • distracting a driver whilst driving. 	<p>The Relationships module helps children to explore and understand a range of feelings, how feelings can be communicated without words, and the importance of caring about other people’s feelings. The topics in this module help students to understand situations from another person’s point of view. Children will explore different types of relationships and from this they will gain an understanding of healthy and unhealthy relationships. They will also learn how to seek help and support if they feel uncomfortable in a relationship</p> <p>Specifics covered include:</p> <ul style="list-style-type: none"> • understanding and dealing with bullying, • friendships help us to feel happy and secure. • friendships have ups and downs. • friendship, how our behaviours impact others, • body language and feelings/emotions, • marriage and civil partnerships • appropriate and inappropriate touch and that they have some control over their actions and bodies. • Balancing our needs and the needs of others. • Courtesy and manners. • Managing conflict

Year B	Keeping/Staying Safe	Being Responsible	Feelings and Emotions
	<p>This module teaches children about the potential dangers in different environments. They will learn the rules for and practise simple ways of keeping safe and finding help.</p> <p>Specifics covered include:</p> <ul style="list-style-type: none"> • safety in the home • road safety • railway safety • preventing accidents, • personal safety, • managing risks, • sun safety, • internet safety. • Knowing it is not always right to keep secrets if they relate to being safe. 	<p>During our Being Responsible module, children will be able to identify what things they have learnt to do for themselves, what duties they are responsible for daily, and how this will change as they grow. The topics offer children the opportunities to learn how they can help those around them and the importance of taking responsibility for their own actions. Children will also look at how they can set goals to improve their skills in an area of their choice.</p> <p>Specifics covered include:</p> <ul style="list-style-type: none"> • Setting goals, • perseverance and determination, • preventing accidents, • helping someone in need, knowing who to help and the risk of helping someone we do not know well. • stealing and borrowing. 	<p>Our Feelings and Emotions module supports teachers to explore mindfulness. Children have the opportunity to recognise and name a range of emotions and develop an understanding of their physical effects, distinguishing between those that feel pleasant and those that feel unpleasant or uncomfortable. Students will acquire a range of strategies for managing unpleasant/uncomfortable emotions and be able to apply these in real-world scenarios. This module also offers a range of relaxation recordings that can be used to help children manage their feelings</p> <p>Specifics covered include:</p> <ul style="list-style-type: none"> • Recognising and managing emotions and feelings including jealousy, worry, anger and grief. • friendships have ups and downs. • That isolation and loneliness can affect children.

Through the science curriculum the children will also learn to:

- recognise and name the main external parts of the human body
- recognise similarities and differences between themselves and others and treat others with sensitivity.
- that animals, including humans, grow and reproduce [lifecycles]
- That humans and animals can produce offspring and these grow into adults
- The needs of babies and toddlers and how our needs change as we grow.

Through the RE Curriculum, children will also learn:

Belonging and communities:

- to understand that they belong to various groups and communities and develop a sense of belonging.
- why families are special for caring and sharing