

## WITHINFIELDS PRIMARY SCHOOL

### PSHE CURRICULUM – KS1

To prepare children for the PSHE curriculum in KS1, Early Years teaching and provision provides a wealth of opportunities to develop their Personal, Social and Emotional skills throughout all aspects of provision. PSE development is particularly emphasised in Nursery to develop a readiness for learning in Reception. The Characteristics of Effective Learning that are most relevant to the PSHE curriculum are:

- Showing particular interests
- Seeking challenge
- Showing a 'can do' attitude
- Not easily distracted
- Bouncing back after difficulties
- Enjoying meeting challenges for their own sake rather than external rewards or praise

Nursery and Reception continuous provision contains opportunities for children to develop their Personal, Social and Emotional skills in child initiated activities as well as PSHE activities in adult led learning through all topics but specifically through some e.g. 'Friendship' in Nursery.

	Y1	Y2
Our Happy School	Know why we have rules in school Be able to say how I am the same and different from my friends Know about how to talk about my feelings	Know how I can help make my classroom a safe and happy place Be able to welcome someone into my class Know how my behaviour can affect others
Out and About	Know how to be careful when walking on the pavement Be able to listen well to other people when they are talking Know about how to keep myself safe	Know about stranger danger including meeting strangers online Be able to work well in a group Know what I should do if I meet dangerous situations
Looking forward	Be able to talk about the different types of work people do Be able to talk about some of my strengths as a learner Know about how I learn and how I can achieve a goal	Know that you can choose to spend or save money Be able to choose between my ideas and give reasons Be able to think about the best way to use Money
My friends and family	Know who my friends and families are Be able to make people I care about happy Know about people who are important to me and how I feel about them	Know the stages of a life cycle Be able to identify some of the people who care for me Know about ways of keeping my teeth healthy

	Y1	Y2
Healthy Bodies, Healthy Minds	<p>Know that exercise keeps me fit and healthy</p> <p>Know not to touch medicines and that substances in the house can be dangerous</p> <p>Be able to tell of something that makes me feel proud</p> <p>Know about different ways to keep myself healthy</p>	<p>Know why I should eat 5 portions of fruit and veg a day</p> <p>Know what makes me feel relaxed and what makes me feel stressed</p> <p>Know about the importance of a balanced diet</p>
Ready, Steady, Go	<p>Know my friends can help me and I can help them in times of change</p> <p>Know that some changes are natural and “happen by themselves”</p> <p>Know about working with other people to overcome obstacles</p>	<p>Know how to cope with changes that can be exciting or worrying</p> <p>Be able to plan to overcome obstacles that might get in the way</p> <p>Know about how to make sensible choices</p>