

## 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
Physical Health and Mental Wellbeing	<p><u>Health &amp; Wellbeing</u>            Know what it means to be healthy and why it is important            Know ways to take care of themselves on a daily basis            Know about basic hygiene routines            Know about healthy and unhealthy foods, including sugar intake            Know about physical activity and how it keeps people healthy            Know about different types of play, including balancing indoor, outdoor and screen-based play            Know about people who can help them to stay healthy            Know how to keep safe in the sun</p>	<p><u>Health &amp; Wellbeing</u>            Know about routines and habits for maintaining good physical and mental health            Know why sleep and rest are important for growing and keeping healthy            Know that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies            Recognises the importance of, and routines for, brushing teeth and visiting the dentist            Know about food and drink that affect dental health            Recognises ways to feel good, calm down or change their mood            Recognises how to manage big feelings including those associated with change, loss and bereavement            Know when and how to ask for help, and how to help others, with their feelings</p>

	Y1	Y2
Growing and Changing	<p><u>Health &amp; Wellbeing</u>            Be able to recognise what makes them special and unique including their likes, dislikes and what they are good at            Know how to manage and whom to tell when finding things difficult, or when things go wrong            Know how they are the same and different to others            Know about different kinds of feelings            Know how to recognise feelings in themselves and others            Know how feelings can affect how people behave</p>	<p><u>Health &amp; Wellbeing</u>            Know about the human life cycle and how people grow from young to old            Know how our needs and bodies change as we grow up            Can identify and name the main parts of the body including external genitalia            Know about change as people grow up, including new opportunities and responsibilities            Know how to prepare to move to a new class and setting goals for next year</p>
Keeping Safe	<p><u>Health &amp; Wellbeing</u>            Know how rules can help to keep us safe            Know why some things have age restrictions, e.g. TV and film, games, toys or play areas            Know basic rules for keeping safe online            Know whom to tell if they see something online that makes them feel unhappy, worried, or scared</p>	<p><u>Health &amp; Wellbeing</u>            Know how to recognise risk in everyday situations            Know how to help keep themselves safe in familiar and unfamiliar environments, such as in school, online and 'out and about'            Can identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger            Know how to help keep themselves safe at home            Know about things that people can put into their body or onto their skin (e.g. medicines and creams) and how these can affect how people feel            Know how to respond if there is an accident and someone is hurt, including how to dial 999 and what to say</p>
Families and Friendships	<p><u>Relationships</u>            Recognises people who care for them            Understands the role these different people play in children's lives and how they care for them            Know what it means to be a family and how families are different            Understands the importance of telling someone — and how to tell them — if they are worried about something in their family</p>	<p><u>Relationships</u>            Know how to be a good friend            Know about different ways that people meet and make friends            Recognises strategies for positive play with friends            Know about what causes arguments between friends            Know how to positively resolve arguments between friends            Know how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else</p>

	Y1	Y2
Safe Relationships	<p><u>Relationships</u>            Know about situations when someone's body or feelings might be hurt and whom to go to for help            Know what it means to keep something private, including parts of the body that are private            Be able to identify different types of touch and how they make people feel            Understands to respond if being touched makes them feel uncomfortable or unsafe            Know when it is important to ask for permission to touch others</p>	<p><u>Relationships</u>            Know how to recognise hurtful behaviour, including online            Know what to do and whom to tell if they see or experience hurtful behaviour, including online            Know about what bullying is and different types of bullying            Understands how someone may feel if they are being bullied            Know about the difference between happy surprises and secrets that make them feel uncomfortable or worried, and how to get help            Know how to resist pressure to do something that feels uncomfortable or unsafe            Know how to ask for help if they feel unsafe or worried and what vocabulary to use</p>
Respecting Ourselves and Others	<p><u>Relationships</u>            Know what kind and unkind behaviour mean in and out school and how it can make people feel            Know about what respect means            Understands class rules, being polite to others, sharing and taking turns</p>	<p><u>Relationships</u>            Know about the things they have in common with their friends, classmates, and other people            Know how friends can have both similarities and differences            Know how to play and work cooperatively in different groups and situations            Know how to share their ideas and listen to others, take part in discussions, and give reasons for their views</p>
Belonging to a Community	<p><u>Living in the Wider World</u>            Know about examples of rules in different situations, e.g. class rules, rules at home, rules outside            Know that different people have different needs            Know how we care for people, animals and other living things in different ways            Know how they can look after the environment, e.g. recycling</p>	<p><u>Living in the Wider World</u>            Know about being a part of different groups, and the role they play in these groups e.g. class, teams, faith groups            Know about different rights and responsibilities that they have in school and the wider community            Know about how a community can help people from different groups to feel included            Can recognise that they are all equal, and ways in which they are the same and different to others in their community</p>
Media Literacy and Digital Resilience	<p><u>Living in the Wider World</u>            Know how and why people use the internet            Understands the benefits of using the internet and digital devices            Know how people find things out and communicate safely with others online</p>	<p><u>Living in the Wider World</u>            Know the ways in which people can access the internet            Can recognise the purpose and value of the internet in everyday life            Can recognise that some content on the internet is factual and some is for entertainment</p>

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Money and Work	<p><u>Living in the Wider World</u>            Know that everyone has different strengths, in and out of school            Understands how different strengths and interests are needed to do different jobs            Know about people whose job it is to help us in the community            Know about different jobs and the work people do</p>	<p><u>Living in the Wider World</u>            Know about what money is and its different forms e.g. coins, notes, and ways of paying for things e.g. debit cards, electronic payments            Know how money can be kept and looked after            Know about getting, keeping and spending money            Know that people are paid money for the job they do            Can recognise the difference between needs and wants            Know how people make choices about spending money, including thinking about needs and wants</p>