






YEAR 1 PERSONAL, SOCIAL, HEALTH AND ECONOMIC EDUCATION (PSHE). THIS INCLUDES RELATIONSHIP AND HEALTH EDUCATION AND SAFEGUARDING TEACHING FOR CHILDREN.

Personal, social, health and economic (PSHE) education is a vital part of our pupils' education. Our PSHE curriculum builds on and enhances other curriculum subjects and also includes high quality Relationship Education. Our PSHE curriculum also includes the age-appropriate teaching of safeguarding, drug education, financial education and the importance of physical activity and diet for a healthy lifestyle. British values and links to the Unicef Rights of the Child are also taught through our teaching of PSHE. In order to help our children create happy early emotional and personal habits we also use 'Trick Box' within our teaching. 'Trick Box' is a fun and effective emotional and personal development programme that supports positive mental well-being and life-habits for young children.



Term	Unicef rights 	 Creating Happy Early Habits	Resources 
<p>Autumn 1- It's my body</p> <p>Week 1- My body, my business Week 2- Active and Asleep Week 3- Happy Healthy Food Week 4- Clean as a whistle Week 5- Can I eat it? Week 6- I can choose</p> <p>These units include:-</p> <ul style="list-style-type: none"> Families and people who care for me. 	<p>Article 6- survival and safe life choices 12- respecting our views 13- freedom of expression 14- freedom of thought 15- freedom of association 16- privacy 24- health and health services</p>	<p>Begin with Confidence strategies- Mirror Mirror (around week 2)</p> 	<p><u>Twinkl</u> <u>PowerPoints</u> <u>Week 1-</u> Discussion around things that bother them, be conscious of any disclosure which might crop up.</p> 

- *Caring friendships.*
- *Respectful relationships.*
- *Being safe.*

27- adequate standard of living
 31- relax and play
 34- safe from sexual exploitation



Big Voice (around week 3)

Use Trick box display as well as Notebook plans to deliver lessons.

Display will be a working wall building up the new skills we have learnt.

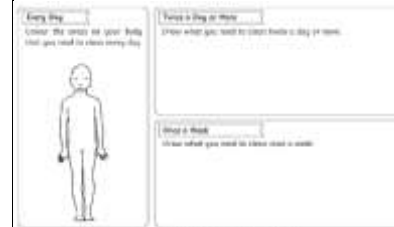
Week 2- importance of relaxing and exercising

Week 3- importance of a healthy diet and what that does to our body.
 Sorting activity



focus







Week 4- Keeping ourselves clean, personal hygiene



Week 5- Safety in the home, looking at safe things to eat and what not to eat.

Week 6- Right to an opinion and making a choice at home, in school and outside.






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<p>Autumn 2</p>	<p>Unicef rights</p> 	 <p>Creating Happy Early Habits</p>	<p>Resources</p>
<p>Topic- Britain</p> <p>Week 1- My school Week 2- My Community Week 3- My Neighbourhood Week 4- My Country Week 5- British People Week 6- What makes me proud of Britain?</p> <p>These units include:-</p> <ul style="list-style-type: none"> • Families and people who care for me. • Caring friendships. • Respectful relationships. • Being safe. 	<p>Article 3- best interests of the child 7- survive and develop 12- respecting our views 27- adequate standard of living 28- right to an education and promoting British Values 29- goals of education and protecting our school environment 30- meeting groups to build new communities 38- safe from war and conflicts</p>	<p>Recap Mirror Mirror and Big Voice</p> <p>Introduce new skills:</p>  <p>Stand Tall (week 2)</p> <p>Use Trick box display as well as Notebook plans to deliver lessons.</p> <p>Display will be a working wall building up the new skills we have learnt.</p>	<p><u>Twinkl PowerPoints</u> Week 1- ways of supporting the community</p> <p><u>How Can I Help?</u> Draw a picture to show how you can help your school community to be a happy place.</p>  <p>Week 2- Matching activities to support people in the community. Safe and unsafe choices</p> <p>Week 3- Looking for helpful and harmful things in the environment and how we can make changes to look after it better.</p>  <p>Week 4- focusing on British aspects that are easy to identify</p> 






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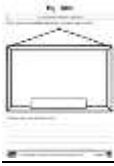


			<p>Week 5- Respecting others and the environment we share, that could be the classroom, school or even Alton etc.</p> <p>Week 6- Why am I proud to be British? Discussion based with poster.</p> <div data-bbox="1787 220 2045 507"> <p>Respecting Others Heart</p> </div>
<p>Spring 1</p>	<p>Unicef rights</p>	<p>Creating Happy Early Habits</p>	<p>Resources</p>
<p>Topic - Be Yourself</p> <p>Week 1- Marvellous Me</p> <p>Week 2- Feelings</p> <p>Week 3- Things I like</p> <p>Week 4- Uncomfortable Feelings</p> <p>Week 5- Changes</p> <p>Week 6- Speak Up!</p> <p>These units include:-</p> <ul style="list-style-type: none"> • <i>Caring friendships.</i> • <i>Respectful relationships.</i> • <i>Being safe.</i> 	<p>Article 1- every child has these rights</p> <p>3- best interests of a child</p> <p>5- all adults must respect these rights.</p> <p>6- every child has the right to life</p> <p>7- name and identity</p> <p>8- protection of the identity</p> <p>12- respect of views</p> <p>13- freedom of expression</p> <p>19, 32, 33, 34, 35- safe from different types of exploitation</p>	<p>Recap Mirror Mirror, Big Voice, Stand Tall and Magic Circle</p> <p>Introduce new skills:</p> <p>Breathing colour (week 2)</p>	<p><u>Twinkl PowerPoints</u></p> <p>Week 1- we are all individual and that makes us special.</p> <p>Week 2- Focus on emotions and how we react. Could make a link to the colour monster book- ELSA lesson</p>

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	<p>31- relax and play if that makes them happy 36- 40 safe from harm</p>	 <p>Sunny side (week 3)</p> <p>Use Trick box display as well as Notebook plans to deliver lessons. Display will be a working wall building up the new skills we have learnt.</p>	<p>Week 3- Heavy focus on positive thoughts, and things that make us happy</p>  <p>Week 4- Focus on things that make us unhappy, but finding solutions to solve this. Link to Trick Box strategies to help</p> <p>Week 5- Thinking about lots of different changes, could be a new baby or new house. Use LHV ELSA book sets for support if children become distressed.</p> <p>Week 6- Right to an opinion that is different from other peoples. Class based discussion lesson with scenario cards to consider</p>
<p>Spring 2</p>	<p>Unicef rights</p> 	 <p>TRICK BOX</p> <p>Creating Happy Early Habits</p>	<p>Resources</p>
<p>Topic - Money Matters</p> <p>Week 1- Money Week 2- Keep it safe Week 3- Save or Spend? Week 4- Want or Need? Week 5- Look after it Week 6- Going Shopping</p>	<p>Article 3- best interests of a child 6- life, survival and development 7- identity 12- respecting their views and opinions 13- freedom of expression</p>	<p>Recap Mirror Mirror, Big Voice, Stand Tall, Magic Circle, Breathing Colour and Sunny Side</p> <p>Introduce new skills:</p>	<p><u>Twinkl PowerPoint</u> Week 1- where does money come from and what can we spend it on, if we have it?</p>  <p>Week 2- make a poster of different ways to save money and keep it safe</p>






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<p>These units include:-</p> <ul style="list-style-type: none"> • Families and people who care for me. • Caring friendships. • Respectful relationships. • Being safe. 	<p>14- adults must teach children their rights and responsibilities 16- privacy with their belongings 20- children unable to live with their families 26- social security from the government 28- education that can help them develop these good habits</p>	 <p>Floating Clouds (week 2)</p> <p>Use Trick box display as well as Notebook plans to deliver lessons. Display will be a working wall building up the new skills we have learnt.</p>	<p>Week 3- right to opinion and choice. What could they spend their money on, in different scenarios?</p>  <p>Week 4- Want or need? Children to create a list of things they would need when they are on a budget and finding the difference between things that are necessary and just that we like.</p> <p>Week 5- "One way that I keep my belongings safe is by..." Right to privacy</p> <p>Week 6- Designing their own shop and focusing on things they want vs. need to buy.</p> 
<p>Summer 1</p>	<p>Unicef rights</p> 	 <p>TRICK BOX</p> <p>Creating Happy Early Habits</p>	<p>Resources</p>
<p>Topic - TEAM</p>	<p>Article 6- survival and safe life choices 12- respecting our views</p>	<p>Recap Mirror Mirror, Big Voice, Stand Tall, Magic Circle,</p>	<p>Twinkl PowerPoint Week 1- I can talk about the teams I belong to. Draw and make notes on a team I belong to. What makes it a team?</p>

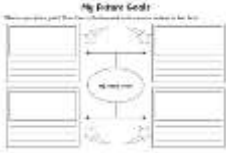

<p>Week 1- Together everyone achieves more Week 2- Listening Week 3- Being Kind Week 4- Bullying and Teasing Week 5- Brilliant Brains (Links incredibly well with our learning behaviours. Week 6- Making good choices</p> <p>These units include:-</p> <ul style="list-style-type: none"> • Families and people who care for me. • Caring friendships. • Respectful relationships. • On-line relationships. • Being safe. 	<p>13- freedom of expression 14- freedom of thought 15- freedom of association 16- privacy 27- adequate standard of living 28- education that can help them develop these good habits 31- relax and play</p>	<p>Breathing Colour, Sunny Side, Floating clouds and Big No!</p> <p>Introduce new skills:</p>  <p>Win- win (week 2)</p>  <p>Light- bulb (week 3)</p> <p>Use Trick box display as well as Notebook plans to deliver lessons. Display will be a working wall building up the new skills we have learnt.</p>	 <p>Week 2- I can be a good listener - complete a listening picture with a partner. Think about the skills you used.</p>  <p>Week 3- I can explain how to be kind and why it is important. Note and draw about acts of kindness that we can do to make the world a better place for everyone.</p>  <p>Week 4- I can talk about unkind behaviour teasing and bullying. Discuss different bullying teasing behaviour. What might we do to make things better. Share the story of Chase the cheetah.</p>
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			 <p>Week 5- "I can explain how to be a positive learner = Link to our our learning characters. Discuss being a negative nag or a positive pal. Complete sorting activity on sheet. In groups (enlarge sheet)"</p>  <p>Week 6- I can identify good and not so good choices.. Discussing choice cards and thinking about when we have made good choices and bad choices. Link to reflective ladybird.</p> 
<p>Summer 2</p>	<p>Unicef rights</p> 	 <p>TRICK BOX</p> <p>Creating Happy Early Habits</p>	<p>Resources</p>

<p>Topic - Aiming high</p> <p>Week 1- Star Qualities Week 2- Positive Learners Week 3- Bright Futures Week 4- Jobs for all Week 5- Going for goals Week 6- Looking forward</p> <p>These units include:-</p> <ul style="list-style-type: none"> • <i>Families and people who care for me.</i> • <i>Caring friendships.</i> • <i>Respectful relationships.</i> • <i>Being safe.</i> 	<p>Article 1- every child has these rights 3- best interests of a child 5- all adults must respect these rights. 6- every child has the right to life 7- name and identity 8- protection of the identity 12- respect of views 13- freedom of expression 28- education that can help them develop these good habits 19, 32, 33, 34, 35- safe from different types of exploitation 31- relax and play if that makes them happy 36- 40 safe from harm</p>	<p>Recap Mirror Mirror, Big Voice, Stand Tall, Magic Circle, Breathing Colour, Sunny Side, Floating clouds and Big No!</p> <p>Introduce new skills:</p>  <p>Free flow (week 2)</p> <p>Use Trick box display as well as Notebook plans to deliver lessons.</p> <p>Display will be a working wall building up the new skills we have learnt.</p>	<p><u>Twinkl PowerPoints</u></p> <p>Week 1 - Star Qualities Chn to draw a picture of themselves demonstrating a star quality - can they label their star quality? "I am helpful because..."</p>  <p>Week 2 - Positive learners Chn to draw a picture of a challenging time and then write either a word or sentence in the speech bubble depending upon ability.</p>  <p>Week 3 - Bright futures Chn to think about what they want to be when they are older, and fill out the 'When I grow up' sheet</p>  <p>Week 4 - Jobs for all. Chn to pick 2 different jobs and describe them using different skills and qualities, instead of using 'men' and 'women'</p>  <p>Week 5 - Going for Goals Chn to complete 'My Goals for the Future' sheet</p>
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			 <p>My Future Goals</p> <p>Chn to write a postcard to their new teacher in Year 2 about what they are looking forward to next year. The chn may also like to write a sentence about what they have enjoyed in Year 1.</p>  <p>Looking Forward Postcard</p>
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