



Manor Drive Primary Academy
PSHE Curriculum
Year 1

Block One

PSHE

Relationships: Respecting Self and Others

How behaviour affects others; being polite and respectful

- About class rules, being polite to others, sharing and taking turns
- What kind and unkind behaviour mean in and out of school
- How kind and unkind behaviour can make people feel

PSHE

Health and Wellbeing : Physical and Mental Health
Keeping healthy; food and exercise; hygiene routines; sun safety

- What it means to be healthy and why it is important
- Ways to take of themselves on a daily basis
- About basic hygiene routines, e.g. hand washing
- About healthy and unhealthy food, including sugar intake

<https://pshe-association.org.uk/curriculum-and-resources/resources/ks1-2-health-education-food-choices-physical>

https://nationalschoolpartnership.com/initiatives/soaper-heroes/?utm_source=NSP&utm_medium=PSHE&utm_campaign=LBY3&utm_content=PSHEAssociation

PSHE

Living in the Wider World: Belonging to a community
What rules are; caring for others' needs; looking after the environment

- About examples of rules in different situations e.g. class/school rules, rules at home, rules outside
- That different people have different needs
- How we care for people, animals and other living things in different ways.

Block Two

PSHE

Relationships: Safe Relationships

Recognising privacy; staying safe; seeking permission

- About situations when someone's body or feelings might be hurt and whom to go to for help.
- About what it means to keep something private, including parts of the body that are private (PANTS).
- To identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches).

PSHE

Health and Wellbeing: Growing and Changing

Recognising what makes them unique and special; feelings; managing when things go wrong.

- To recognise what makes them special and unique including their likes, dislikes and what they are good at.
- How to manage and whom to tell when things when finding things difficult, or when things are going wrong
- How they are the same and different to others.

<https://pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans>

PSHE

Living in the Wider World: Media and Literacy Resilience
Using the internet and digital devices; communicating online

- How and why people use the internet
- The benefits of using the internet and digital devices.

<https://www.cbbfc.co.uk/resources/key-stage-1-pshe-resource>

Block Three

PSHE

Relationships - Friends and Family

Roles of different people ; families; feeling cared for

- About people who care for them, e.g. parents, siblings, grandparents, relatives, teachers, friends
- The role these different people play in children's lives and how they care for them
- What it means to be in a family and how families are different e.g. single parents, same-sex parents etc.

PSHE

Health and Wellbeing: Keeping Safe

How rules and age restrictions help us; keeping safe online.

- How rules can help to keep us safe
- Why some things have age restrictions, e.g. TV and film, games, toys or play areas
- Basic rules for keeping safe online

<https://www.cbbfc.co.uk/resources/key-stage-1-pshe-resource>

<https://www.thinkuknow.co.uk/professionals/resources/jessie-and-friends/>

PSHE

Living in the Wider World : Money and work
Strengths and interests; jobs in the community

- That everyone has different strengths and weaknesses, in and out of school
- How different strengths and interests are needed to do different jobs
- About people whose job it is to help us in the community

Block Four

PSHE

Relationships: Respecting Self and Others

How behaviour affects others; being polite and respectful

Retrieval

- About class rules, being polite to others, sharing and taking turns
- What kind and unkind behaviour mean in and out of school
- How kind and unkind behaviour can make people feel

New learning

- About what respect means

PSHE

Health and Wellbeing : Physical and Mental Health
Keeping healthy; food and exercise; hygiene routines; sun safety

Retrieval

- What it means to be healthy and why it is important
- Ways to take of themselves on a daily basis
- About basic hygiene routines, e.g. hand washing
- About healthy and unhealthy food, including sugar intake

New learning

- About physical activity and how it keeps people healthy
- About different types of play, including balancing indoor, outdoor and screen-based play
- About people who can help them to stay healthy, such as parents, doctors, nurses, dentists, teachers
- How to keep safe in the sun

<https://pshe-association.org.uk/curriculum-and-resources/resources/ks1-2-health-education-food-choices-physical>

https://nationalschoolpartnership.com/initiatives/soaper-heroes/?utm_source=NSP&utm_medium=PSHE&utm_campaign=LB3&utm_content=PSHEAssociation

PSHE

Living in the Wider World: Belonging to a community
What rules are; caring for others' needs; looking after the environment

Retrieval

- About examples of rules in different situations e.g. class/school rules, rules at home, rules outside
- That different people have different needs
- How we are for people, animals and other living things in different ways.

New learning

- How they can look after the environment, e.g. recycling

Block Five

PSHE

Relationships: Safe Relationships

Recognising privacy; staying safe; seeking permission

Retrieval

- About situations when someone's body or feelings might be hurt and whom to go to for help.
- About what it means to keep something private, including parts of the body that are private.
- To identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches).

New learning

- How to respond if being touched makes them feel uncomfortable or unsafe
- When it is important to ask for permission to touch others
- How to ask for and give/not give permission

PSHE

Health and Wellbeing: Growing and Changing

Recognising what makes them unique and special; feelings; managing when things go wrong.

Retrieval

- To recognise what makes them special and unique including their likes, dislikes and what they are good at.
- How to manage and whom to tell when things when finding things difficult, or when things are going wrong
- How they are the same and different to others.

New learning

- About different kinds of feelings
- How to recognise feelings in themselves and others
- How feelings can affect how people behave

<https://pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans>

PSHE

Living in the Wider World: Media and Literacy Resilience
Using the internet and digital devices; communicating online

Retrieval

- How and why people use the internet
- The benefits of using the internet and digital devices.

New learning

- How people find things out and communicate safely with other online

<https://www.cbbfc.co.uk/resources/key-stage-1-pshe-resource>

Block Six

Retrieval

- About people who care for them, e.g. parents, siblings, grandparents, relatives, teachers, friends
- The role these different people play in children's lives and how they care for them
- What it means to be in a family and how families are different e.g. single parents, same-sex parents etc.

New learning

- Identify our own special people
- Explain what makes them special to us and why they are important in our lives.
- Describe the different ways our special people care for us
- Recognise how we can care for them in return.
- About the importance of telling someone - and how to tell them - if they are worried about someone in their family

PSHE

Health and Wellbeing: Keeping Safe

How rules and age restrictions help us; keeping safe online.

Retrieval

- How rules can help to keep us safe
- Why some things have age restrictions, e.g. TV and film, games, toys or play areas
- Basic rules for keeping safe online

New learning

- Whom to tell if they see something online that makes them feel unhappy, worried or scared

<https://www.cbbfc.co.uk/resources/key-stage-1-pshe-resource>

<https://www.thinkuknow.co.uk/professionals/resources/jessie-and-friends/>

PSHE

Living in the Wider World : Money and work
Strengths and interests; jobs in the community

Retrieval

- That everyone has different strengths and weaknesses, in and out of school
- How different strengths and interests are needed to do different jobs
- About people whose job it is to help us in the community

New learning

- About different jobs and the work that people do