



KS1 PSHCe curriculum

Year 1

Core theme 1: Health and Wellbeing

Objectives

- what constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health
- to recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise the choices that can have good and not so good consequences
- the importance of and how to maintain personal hygiene
- about the process of growing from young to old and how people's needs change
- *rules for and ways of keeping physically and emotionally safe (including safety online, the responsible use of ICT, the difference between secrets and surprises and understanding not to keep adults' secrets; road safety, cycle safety and safety in the environment (including rail, water and fire safety)
- *Talk about people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them to recognise that they share a responsibility for keeping themselves and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell'

Year 2

Core theme 1: Health and Wellbeing

Objectives

- to think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals
- talk about good and not so good feelings, and vocabulary to describe their feelings to others and simple strategies for managing feelings
- about change and loss and the associated feelings (including moving home, losing toys, pets or friends)
- how some diseases are spread and can be controlled and the responsibilities they have for their own health and that of others
- about growing and changing and new opportunities and responsibilities that increasing independence may bring
- the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls
- that household products, including medicines, can be harmful if not used properly
- *rules for and ways of keeping physically and emotionally safe (including safety online, the responsible use of ICT, the difference between secrets and surprises and understanding not to keep adults' secrets; road safety, cycle safety and safety in the environment (including rail, water and fire safety)
- *Talk about people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them to recognise that they share a responsibility for keeping themselves and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell'

Year 1

Core theme 2: Relationships

Objectives

- to communicate their feelings to others, to recognise how others show feelings and how to respond
- *to recognise what is fair and unfair, kind and unkind, what is right and wrong
- to share their opinions on things that matter to them and explain their views through discussions with one other person and the whole class
- *to listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation)
- to identify and respect the differences and similarities between people
- to identify their special people (family, friends, carers), what makes them special and how special people should care for one another

	<ul style="list-style-type: none"> • *to judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them) • that people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable) • *to recognise when people are being unkind either to them or others, how to respond, who to tell and what to say • *that there are different types of teasing and bullying, that these are wrong and unacceptable • *how to resist teasing and bullying, if they experience or witness it, whom to go to and how to get help
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Year 2

Core theme 2: Relationships

Objectives	<ul style="list-style-type: none"> • to recognise how their behaviour affects other people • the difference between secrets and surprises and the importance of not keeping adults' secrets, only surprises • to recognise what is fair and unfair, kind and unkind, what is right and wrong • *to listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation) • to offer constructive support and feedback to others • to judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them) • *to recognise when people are being unkind either to them or others, how to respond, who to tell and what to say • *that there are different types of teasing and bullying, that these are wrong and unacceptable • *how to resist teasing and bullying, if they experience or witness it, whom to go to and how to get help
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Year 1

Core theme 3: Living in the wider world

Objectives	<ul style="list-style-type: none"> • *how to contribute to the life of the classroom • *to help construct, and agree to follow, group and class rules and to understand how these rules help them • *that people and other living things have needs and that they have responsibilities to meet them (including being able to take turns, share and understand the need to return things that have been borrowed) • that they belong to various groups and communities such as family and school
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Year 2

Core theme 3: Living in the wider world

Objectives	<ul style="list-style-type: none"> • *how to contribute to the life of the classroom • *to help construct, and agree to follow, group and class rules and to understand how these rules help them • *that people and other living things have needs and that they have responsibilities to meet them (including being able to take turns, share and understand the need to return things that have been borrowed) • what improves and harms their local, natural and built environments and about some of the ways people look after them -humanities • that money comes from different sources and can be used for different purposes, including the concepts of spending and saving • about the role money plays in their lives including how to manage their money, keep it safe, choices about spending money and what influences those choices
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Year 1

British Values

Objectives	<p>To develop an awareness of self and others:</p> <ul style="list-style-type: none">• *pupils need to develop the skills to express their opinions, know that their opinions matter and can challenge the ideas of others with respect• *pupils will understand that conflict, disagreement and differences of opinion are part of life and develop skills to manage these situations• *pupils need to know that Britain values education for all, learning for life and encourages all to aspire and to fulfil their potential <p>To develop an understanding of right and wrong and civil and criminal law:</p> <ul style="list-style-type: none">• *pupils need to learn to distinguish right from wrong and be encouraged to respect the civil and criminal laws of Britain• *pupils need to gain an appreciation that living under the rule of law protects individual citizens and understand how this contributes to their wellbeing and safety• *pupils need to understand that the freedom to choose and hold other faiths and beliefs is protected in law <p>To understand the importance of respect for self and others:</p> <ul style="list-style-type: none">• *pupils need to develop respect for themselves and learn to respect others• *pupils should understand the importance of identifying and combatting discrimination• *pupils need to have access to a wide range of resources to help them learn about different faiths and cultures and also to gain an acceptance that other people having different faiths or beliefs should be accepted and tolerated and should not be the cause of prejudicial or discriminatory behaviour – humanities/RE• *pupils will understand that laws that protect our freedom also require us to fulfil responsibilities to others and that British people are free to live as they wish, as long as they do not hurt, disrupt or affect the rights of anyone else <p>To develop an understanding of democracy:</p> <ul style="list-style-type: none">• *all pupils within the school should have a voice that is listened to, and they can actively take part in democratic processes that demonstrate how democracy works
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Year 2

British Values

Objectives	<p>To develop an awareness of self and others:</p> <ul style="list-style-type: none">• *pupils need to learn to accept responsibility for their behaviour• *pupils will understand that conflict, disagreement and differences of opinion are part of life and develop skills to manage these situations• *pupils need to know that Britain values education for all, learning for life and encourages all to aspire and to fulfil their potential <p>To develop an understanding of right and wrong and civil and criminal law:</p> <ul style="list-style-type: none">• *pupils need to learn to distinguish right from wrong and be encouraged to respect the civil and criminal laws of Britain• *pupils need to gain an appreciation that living under the rule of law protects individual citizens and understand how this contributes to their wellbeing and safety• *pupils need to understand that the freedom to choose and hold other faiths and beliefs is protected in law <p>To understand the importance of respect for self and others:</p> <ul style="list-style-type: none">• *pupils need to develop respect for themselves and learn to respect others• *pupils should understand the importance of identifying and combatting discrimination• *pupils need to have access to a wide range of resources to help them learn about different faiths and cultures and also to gain an acceptance that other people having different faiths or beliefs should be accepted and tolerated and should not be the cause of prejudicial or discriminatory behaviour – humanities/RE
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	<p>To develop an understanding of democracy:</p> <ul style="list-style-type: none">• *all pupils within the school should have a voice that is listened to, and they can actively take part in democratic processes that demonstrate how democracy works• *pupils need to develop an understanding of how citizens can influence decision-making through the democratic process
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