

# PSHE Year Planner Year 1

Relationships

Health/ Wellbeing

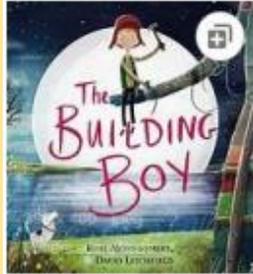
Living in the Wider World

Protected Characteristics

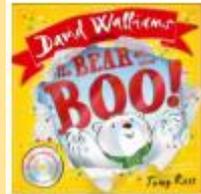
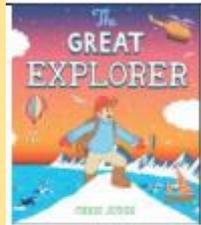
British Values

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic or Stand-Alone?	Standalone	Standalone	Standalone	Standalone	Standalone	
<b>Cornwall Education lessons</b>	<p>Welcome to our School</p> <p><b>British Values: rule of law</b></p> <p>Emergencies and getting help</p> <p>Managing our time safely</p> <p>online: Jessie &amp; Friends 1 Watching videos</p> <p><b>British Values: respect</b></p>	<p>People who care for us</p> <p>Rights, responsibilities and respect.</p> <p><b>British Values: respect, Individual Liberty</b></p> <p><b>Protected Characteristics- all</b></p>	<p>Healthy friendships</p> <p><b>British Values: respect</b></p> <p>Our bodies and boundaries – NSPCC PANTS</p> <p><b>British Values: respect</b></p>	<p>Our Health</p> <p>Healthy Food Choices</p>	<p>We all have feelings</p> <p>Good and not so good feelings</p>	

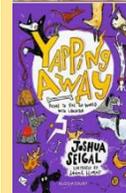
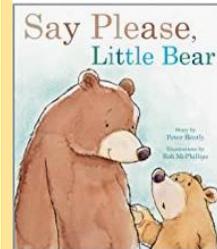
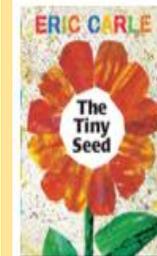
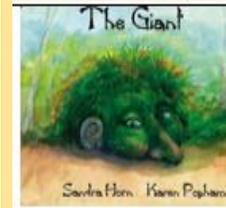
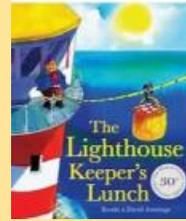
Reading texts  
linked to PSHE,  
British Values/  
Protected  
Characteristic  
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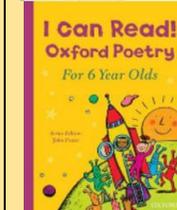
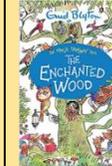
British values  
Respect



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Characteristics



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			British values Respect Protected characteristic	Protected characteristic		
<b>Further links to PSHE/ British Values/ Protected Characteristics</b>	Daily PE sessions/ Fitness Friday RE lessons	Daily PE sessions/ Fitness Friday RE lessons  Music- Inuit chants	Daily PE sessions/ Fitness Friday Lifeboat topic RE lessons Grace Darling (sex)	Daily PE sessions/ Fitness Friday RE lessons Instruction writing- how to brush your teeth	Daily PE sessions/ Fitness Friday RE lessons	Daily PE sessions/ Fitness Friday RE lessons Comparison of Queen Elizabeth I and II (history, British Values, protected characteristics- sex)
<b>Local Links</b>			Visit to Newquay lifeboat Grace Darling	George Forest and Heligan Gardens	Newquay zoo	
<b>Key Questions:</b>	<i>What is positive behaviour and why is it important? How can rules keep us safe? Who are the adults who can help us in school?  How can we get help in an emergency?</i>	<i>Who is in a family? Are all of the families the same? How should families show they for each other? How does your family make you feel? What is a right? What does responsibility</i>	<i>What makes a good friend? How does a good friend make you feel? What can we do to solve arguments or fallouts with friends? How can we make our friendships better?</i>	<i>How can we look after our health? How can we try to keep our bodies healthy? Why is it important to not be on our devices all the time?</i>	<i>What are feelings? Can you name some? How do some feelings make your body feel? What can you do if you have a feeling</i>	

		<i>mean? What is respect? How do show respect to other people?</i>	<i>Which parts of our body should be private? What type of touch is ok and which isn't? Who can I ask for help if I am worries/ scared or afraid or something just doesn't feel right?</i>	<i>Why are fruit and vegetables important? How do they help us? What about sugary foods? How much sugar should we eat?</i>	<i>which isn't very nice? Who could help you?</i>	
<b>Knowledge content (4)</b>	<p>To know what positive behaviour is and why it is important. Understand how rules can keep us safe. Identify who are the adults in the school who can keep us safe.</p> <p>Safely get help in an emergency, including calling 999</p> <ul style="list-style-type: none"> <li>• Care for themselves and others</li> </ul>	<p>know who makes up a family and that not all families are the same but they should all be characterised by love and care and make you feel happy and safe.</p> <p>Know how to be kind to others, explain how certain behaviours help us show respect to others, such as kindness, helpfulness and honesty, be able to show gratitude for the kind behaviour of others.</p>	<p>Identify what makes a good friend.</p> <p>Describe how to be a good friend. Be able to use some simple tools to help solve conflicts.</p> <p>Understand how to get help to make a friendship better</p> <p>Understand and learn the PANTS rules, name body parts and know which parts should be private,</p>	<p>Identify how we can look after our health, find out how we keep our bodies healthy through our diet, dental hygiene, sleep and sun safety know how we need to balance physical activity with time online.</p> <p>Identify different fruit and vegetables describing their feel, appearance, smell and taste. Discuss the new recommended daily maximum sugar intake for their age range, explain why fruit and vegetables are an important part of a healthy diet, are a good</p>	<p>discuss and name some feelings that they might have, discuss how feelings can make their bodies feel inside and how other's might be feeling, Identify who can help them with feelings, and how they can help others</p>	

			<p>know the difference between appropriate and inappropriate touch</p> <p>understand that they have the right to say “no” to unwanted touch •</p> <p>start thinking about who they trust and who they can ask for help.</p>	<p>sugar swap and why they are important to their 5 a Day,</p> <p>Understand and compare the sugar content in a variety of food and drink products,</p> <p>select lower-sugar alternatives to high-sugar product</p>		
<b>Skills content (2)</b>	I can make a 999 call.	I can show kindness and respect to myself and others.	I can sort out fall outs and conflicts.	<p>I can sort healthy and less healthy foods.</p> <p>I can compare the amount of sugar in different foods and drinks.</p>	•	•
<b>Sequence of Lessons</b>	introduces what positive behaviour means, why they are important and how they link to school or classroom rules. Identify adults in the school who could help them and their roles.	Following on from reception work, continue to consider people who cares for them and the qualities of healthy relationships, introduces different family structures while maintaining the core values of love, care, protection.	introduces children to the concept of being a good friend and the qualities needed. Identify who is a good friend to them but also how to be a good friend to others. Begin to	<p>introduces the concept of general health including some basic ways to keep bodies healthy</p> <p>finding out about sugar, fruit and vegetables. Find out about the importance of a variety of fruit and</p>	how to recognise and describe different feelings in themselves and others; and what or who can help them with their feelings	•

	introduces the concept of an emergency and practising to make a 999 call.	explores kindness, gratitude, positive behaviours and respect for others.	look at tools to resolve conflict.  explores the definition of private parts of bodies and how this relates to appropriate and inappropriate touch. Who and where they can go to seek help.	vegetables as an alternative to sugar and as part of their 5 a day. Find out how much sugar is in everyday foods and drinks.	good and not so good feelings, recognising that not everyone feels the same about different things and exploring what helps people to feel better.																					
<b>Vocabulary</b>	Positive behaviour, rules, emergency	Healthy relationships, love, care, protection Kindness, gratitude, respect.	Qualities, good friend, positive behaviour, resolve conflict,																							
<b>Resources</b>	Cornwall Curriculum, BBC bitesize clips, British Red Cross		Cornwall Curriculum, NSPPC PANTS lesson	Public Health England- Food Detectives	PSHE Association lesson,																					
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<b>Community Work/ Acts of Kindness</b>	Collecting Food for the local food bank at our school.	Santa Fun Run in aid of Children's Hospice	Fundraising event for RNLI																																													