



# St Mary's Bryanston Square – PSHE Curriculum Overview Year 1

School Value	<u>Links to PSHE curriculum</u>	<u>Links to School Values</u>	<u>Topic 1</u>	<u>Topic 2</u>
<b>Love</b> <b>HT1</b>	<ul style="list-style-type: none"> <li>- Respectful Relationships</li> <li>- Families and people who care for me</li> <li>- Mental Wellbeing</li> </ul>	<p>Discuss the word 'love'. What does this mean to you? Emphasise the importance of love for ourselves as well as love for those around us: families, friends and our communities.</p> <p>Discuss setting ground rules for PSHE lessons to create a safe space to voice opinions and listen to other people.</p>	<p><u>All About Me</u></p> <p>Children will learn:</p> <ul style="list-style-type: none"> <li>- What they like/dislike and are good at</li> <li>- What makes them special and that everyone has different strengths</li> <li>- How their personal features or qualities are unique to them</li> <li>- How they are similar or different to others and what they have in common.</li> </ul> <p>Children should:</p> <ul style="list-style-type: none"> <li>- Be able to describe their unique qualities and strengths, and the qualities and strengths of others.</li> </ul>	<p><u>My Family</u></p> <p>Children will learn:</p> <ul style="list-style-type: none"> <li>- To explore different kinds of families</li> <li>- To identify who can help when families make us feel unhappy or unsafe</li> </ul> <p>Children should:</p> <ul style="list-style-type: none"> <li>- Know there are different types of families</li> <li>- Know which people we can ask for help</li> </ul>
<b>Forgiveness</b> <b>HT2</b>	<ul style="list-style-type: none"> <li>- Mental Wellbeing</li> <li>- Caring friendships</li> <li>- Respectful Friendships</li> <li>- Online Friendships</li> <li>- Being Safe</li> </ul>	<p>Discuss the word 'forgiveness'. What does this mean to you? Explain a scenario where we might need to show forgiveness to one another. Explain that many other feelings may come to your mind before you feel like you want to forgive each other and talk about these feelings.</p> <p>Explain that we are going to be discussing different feelings this term in PSHE.</p> <p>Discuss setting ground rules for PSHE lessons to create a safe space to voice opinions and listen to other people.</p>	<p><u>Awareness of Feelings</u></p> <p>Children will learn:</p> <ul style="list-style-type: none"> <li>- How to recognise and name different feelings</li> <li>- A range of words to describe feelings</li> <li>- How to tell how other people are feeling</li> </ul> <p>Children should:</p> <ul style="list-style-type: none"> <li>- Begin to develop a vocabulary to describe their feelings to others and simple strategies for managing feelings.</li> </ul>	<p><u>My Friendships</u></p> <p>Children will learn:</p> <ul style="list-style-type: none"> <li>- About what makes a good friend</li> <li>- About different types of friends including grown – ups</li> <li>- Simple strategies to resolve conflict between friends</li> <li>- That hurtful behaviour is not acceptable and how to report bullying (including cyber bullying)</li> <li>- The difference between secrets and surprises and the importance of not keeping adults' secrets, only surprises.</li> <li>- What 'privacy' means and the importance of respecting others' privacy</li> </ul> <p>Children should:</p> <ul style="list-style-type: none"> <li>- Be able to talk about what makes a good friendship</li> <li>- Be able to talk about good and not so good feelings</li> <li>- Be able to talk about how they would resolve conflicts with their friends.</li> </ul>

<b>Respect</b>  <b>HT3</b>	<ul style="list-style-type: none"> <li>- Physical Health and Fitness</li> <li>- Healthy Eating</li> <li>- Health and Prevention</li> <li>- Being a Responsible Citizen</li> </ul>	<p>Discuss the word 'respect'. What does this mean? Explain that we will be learning about respect for ourselves and for the environment around us. Acknowledge that it is also very important to give other people the respect that we could like to receive (link to 'Love your Neighbour as Yourself' part of our school ethos from Mark 12:30-31.)</p> <p>Discuss setting ground rules for PSHE lessons to create a safe space to voice opinions and listen to other people.</p>	<p><u>Keeping Well and Clean</u></p> <p>Children will learn:</p> <ul style="list-style-type: none"> <li>-That things people put into their bodies can affect how they feel</li> <li>- Why hygiene is important and how simple hygiene routines can stop germs from being passed on</li> <li>-How physical activity and healthy eating helps them to stay healthy</li> <li>-What they can do to take care of themselves on a daily basis e.g: brushing teeth and hair, hand washing.</li> <li>- Who helps them to stay healthy (e.g: parent, doctor, dentist)</li> </ul> <p>Children should:</p> <ul style="list-style-type: none"> <li>- Know how to keep themselves clean and how to brush their teeth effectively</li> <li>- Be able to describe different ways to stay healthy</li> </ul>	<p><u>The Environment</u></p> <p>Children will learn:</p> <ul style="list-style-type: none"> <li>-What can hard the local and global environment; how they and others can help care for it (e.g: recycling, keeping our environment clean and tidy, issues surrounding global warming)</li> <li>- Air Pollution – this is a big challenge for our school due to the high levels of pollution in Marylebone Road. What can we do to as individuals to limit air pollution? What are we doing in school?</li> </ul> <p>Children should:</p> <ul style="list-style-type: none"> <li>- Know some things they can do ay home and at school to help the environment</li> </ul>
<b>Feeling Safe</b>  <b>HT4</b>	<ul style="list-style-type: none"> <li>- Being Safe</li> <li>- Drug, Alcohol and Tobacco</li> <li>- Internet Safety and Harms</li> <li>- Mental Wellbeing</li> </ul>	<p>What makes us feel safe in school and at home? Gather ideas for how we can be safe. What do children already know.</p> <p>Discuss setting ground rules for PSHE lessons to create a safe space to voice opinions and listen to other people.</p>	<p><u>Keeping Safe at Home</u></p> <p>Children will learn:</p> <ul style="list-style-type: none"> <li>- That household products, including medicines, can be harmful if not used properly</li> <li>- How medicines can help people stay healthy and that some people need to take medicines every day to stay healthy.</li> </ul> <p>Children should know:</p> <p>How to keep themselves safe at home.</p>	<p><u>Keeping Safe Online</u></p> <p>Children will learn:</p> <ul style="list-style-type: none"> <li>-Some basic rules to keep safe online</li> <li>- Who to talk to if you see something you are unsure about online</li> </ul> <p>Children should know:</p> <p>How to keep themselves safe online</p>
<b>Honesty</b>  <b>HT5</b>	<ul style="list-style-type: none"> <li>- Respectful Relationships</li> <li>- Mental Wellbeing</li> </ul>	<p>Discuss the word 'honesty'. What does this mean? Explain that we will be discussing our own opinions and views and it is important to be honest but respect what other people</p>	<p><u>Being Different</u></p> <p>Children will learn:</p> <ul style="list-style-type: none"> <li>- More about other people's opinions and views</li> <li>- About the different groups they belong to (clubs, faith, cultural heritage etc)</li> <li>-Links to our International Week in School</li> </ul>	<p><u>Losing and Finding</u></p> <p>Children will learn:</p> <ul style="list-style-type: none"> <li>- About what happens when things get lost of change</li> </ul> <p>Children should:</p>

		<p>say even if they do not agree with you.</p> <p>Discuss setting ground rules for PSHE lessons to create a safe space to voice opinions and listen to other people.</p>	<p>Children should:</p> <ul style="list-style-type: none"> <li>-Be able to talk about the fact that everyone has different opinions and views</li> </ul>	<p>-Be able to express how they feel when they lose something or if things change (including moving home, losing toys, pets or friends).</p>
<p><b>Curiosity</b></p> <p><b>HT6</b></p>	<p>- Economic Wellbeing</p>	<p>Discuss word 'curiosity'. What does this mean to you? Talk about why it is important to be curious and show interest in the world around us. Explain that we are going to be learning about money. Take some ideas about what they would like to learn and what they do know already about money.</p>	<p><u>Money</u></p> <p>Children will learn:</p> <ul style="list-style-type: none"> <li>-About what money is and where it comes from</li> <li>- About the cost of everyday items</li> <li>- That I can keep money in different places and that some places are safer than others e.g: a money box or a bank</li> </ul> <p>Children should:</p> <ul style="list-style-type: none"> <li>-Be able to identify and recognise the value of coins and notes</li> <li>-Be able to talk about where money can come from</li> <li>- Be able to explain the difference between needs and wants</li> <li>- Be able to explain a suitable place to keep money safe, and explain why.</li> </ul>	

**Blue = Relationships Education**

**Purple = Health Education**

**Orange = Other Areas of PSHE**