Key Stage One Year 1 – PSHE Overview of themes Pupils should learn about

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| **Core Theme 1 – Health and Wellbeing** | **Core Theme 2 – Relationships** | **Core theme 3 – Living in the Wider World** |
| **Healthy Lifestyles**  **Y1 Grid A** – things that keep our bodies healthy See Y2 Grid A also  **Y1 Grid B** – likes/dislikes and consequences of choices  **Y1 Grid C** – different feelings and managing these  **Y1 Grid D** – basic personal hygiene  **Y1 Grid E** – the spread of infections | **Feelings and emotions**  **Y1 Grid A** –a range of feelings  **Y1 Grid B** –special people in their lives  **Y1 Grid C** –different types of behaviour/how it affects others  **Y1 Grid E** – how people’s bodies and feelings can be hurt | **Rights and Responsibilities**  **Y1 Grid A** – how to contribute to the life of the classroom  **Y1 Grid B** – construct, agree and follow class rules  **Y1 Grid C** – the needs of other people and living things, and their responsibilities  **Y1 Grid D** – the groups and communities they belong to |
| **Growing and Changing**  **Y1 Grid F** – growing young to old, and how needs change  **Y1 Grid G** – naming body parts and differences between boys and girls See Y2 Grid H also  **Y1 Grid H** – what makes them unique and setting simple goals  **Y1 Grid I** – about change and loss, and associated feelings | **Healthy Relationships**  **Y1 Grid F** – the difference between a secret and a surprise See Y2 Grid E also  **Y1 Grid G** – listening to others and playing cooperatively  **Y1 Grid H** – support and feedback to others  **Y1 Grid I** –appropriate and inappropriate touch See also Y2 Grid H  **Y1 Grid J** – different types of teasing and bullying, and that they are wrong | **Taking care of the environment**  **Y1 Grid E** – what improves and harms the local environment |
| **Keeping Safe**  **Y1 Grid J** – household products, including medicines can be harmful  **Y1 Grid K** – people who take care of them and family networks  **Y1 Grid L** – rules for keeping safe and keeping physically and emotionally safe  **Y1 Grid M** – responsibility for keeping themselves and others safe | **Valuing Difference**  **Y1 Grid D** – fair/unfair, kind/unkind,  right/wrong  **Y1 Grid K** – sharing opinions and views through discussion  **Y1 Grid L** – differences/similarities between people | **Money Matters**  **Y1 Grid F** - Where money comes from and what it is used for  **Y1 Grid G** – the role of money in their lives |

Not all this content will be covered in the academic year. Teachers will plan lessons that are relevant to our school’s identified needs, highlighted above, and if necessary, plan additional lessons to address any other needs that arise with the pupils in their class/year group.

Key Stage One Year 2 – PSHE Overview of themes Pupils should learn about

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| **Core Theme 1 – Health and Wellbeing** | **Core Theme 2 – Relationships** | **Core theme 3 –**  **Living in the Wider World** |
| **Healthy Lifestyles**  **Y2 Grid A** – the benefits of a healthy lifestyle, different ways to stay healthy  **Y2 Grid B** – informed choices, influences on our choices, how these affect how we look and feel  **Y2 Grid C** – different feelings and managing these  **Y2 Grid D** – the importance of basic personal hygiene See Y1 Grid D and E also  **Y2 Grid E** – the importance of caring for own health | **Feelings and emotions**  **Y2 Grid A** –a wide range of feelings and how to manage them/being sensitive to the feelings of others  **Y2 Grid B** – how different types of behaviour affects others  **Y2 Grid C** – how special people make a difference to our lives  **Y2 Grid D** – how people’s bodies and feelings can be hurt | **Rights and Responsibilities**  **Y2 Grid A** – about the skills necessary to contribute to the life of the classroom  **Y2 Grid B** – how class rules help us  **Y2 Grid C** – the responsibilities they have for others  **Y2 Grid D** – the groups and communities they belong to |
| **Growing and Changing**  **Y2 Grid F** – about change and loss, and managing feelings  **Y2 Grid G** – growing, changing, independence and responsibilities  **Y2 Grid H -** differences between male and female animals, respecting differences and similarities of girls and boys bodies  **Y2 Grid I** – learning from experience, setting goals, celebrating strengths | **Healthy Relationships**  **Y2 Grid E** – the importance of not keeping adults’ secrets, only surprises  **Y2 Grid F** – listening to others and find ways to resolve disagreements  **Y2 Grid G** – how constructive support and feedback can help themselves and others  **Y2 Grid H** –appropriate and inappropriate touch  **Y2 Grid I** – ways to resist teasing and bullying and coping strategies | **Taking care of the environment**  **Y2 Grid E** – what improves and harms the local environment |
| **Keeping Safe**  **Y2 Grid J** – the role of medicines See also Y1 Grid J  **Y2 Grid K** – importance of keeping safe and rules for different situations  **Y2 Grid L** – people who take care of them  **Y2 Grid M** - responsibility for keeping themselves and others safe | **Valuing Difference**  **Y2 Grid J** – what fair/unfair means, impact of kindness/unkindness, right/wrong  **Y2 Grid K** – sharing opinions and explaining views, simple debates  **Y2 Grid L** – the importance of respect for differences/similarities between people | **Money Matters**  **Y2 Grid F** – What money can be used for  **Y1 Grid G** – the role of money in their lives |

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