

PSHE and Relationships Education



Key Stage 1 A	Vocabulary: Relationships: Bullying, relationships, listening, positivity/negativity, compassion, feelings, emotions, behaviour, cooperatively, appropriate/inappropriate, democracy, rule of law Wider World: rules, respect, tolerance, unique, emergency, choice, environment, local, growth, decay, recycling Health and Wellbeing: safety, risk, worry, privacy, cooperatively, inappropriate, bullying, goals, empathy, loss, feelings, independent, vagina, penis, testicles, private	
Values: Democracy Rule of Law Mutual respect September – positivity October – Friendship November – Peace December - Compassion Rule of law Mutual Respect Tolerance January – Respect February – Kindness March – Honesty April – Understanding and tolerance Individual Liberty Mutual Respect May – Resilience June – Determination July - Imagination	What we want children to know: Relationships – Term 1 Feelings and emotions Healthy Relationships Recognise feelings, in self and others; sharing feelings Behaviour; bodies and feelings can be hurt Secrets and keeping safe; special people in their lives Listening to others and playing cooperatively; appropriate and inappropriate touch; teasing and bullying Suggested start assessment activity: Role play a scenario where feelings get hurt e.g. Max isn't my best friend anymore because he sat next to Alex. Discuss feelings around this. Suggested end assessment activity: Role play the same scenario but ask children to help solve the issue, using strategies learnt. Resources/useful websites: https://www.elsa-support.co.uk/category/free-resources/ Diversity books in school https://www.mentallyhealthyschools.org.uk/resources/ https://www.childline.org.uk/toolbox/games/games_expressive#filter Wider World – Term 2 Rights and responsibilities Environment Money (Year 2 only) Group and class rules; everybody is unique in some ways and the same in others Group and class rules; respecting their own and others' needs; groups and communities they belong to; people who work in the community; getting help in an emergency Looking after the local environment Where money comes from; how to use money – saving and spending money; Keeping track of money spent/saved (Y2) Suggested start assessment activity: Mind map of class rules Suggested end assessment activity: Revisit mind map and add to in light of new learning Resources/useful websites: https://www3.epa.gov/recyclecity/mainmap.htm Health and Wellbeing – Term 3 Keeping Safe Healthy Lifestyles Keeping safe in different situations; how to ask for help if they are worried about something; privacy in different contexts Develop understanding of how to promote good mental health What helps keep bodies healthy, hygiene routines Healthy choices; different feelings; managing feelings Suggested start assessment activity: Graffiti wall – how do we stay safe?	Key events: Remembrance Day (11th November) Anti-bullying week Diwali Christmas Ramadan Chinese New Year Shrove Tuesday Ash Wednesday St Patrick's Day St George's Day (23rd April) Safer Internet Day Mother's Day Good Friday Easter Queen's birthday World Mental Health week VE day Armed Forces day

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Suggested end assessment activity: Add to graffiti wall in light of new learning

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https://www.childline.org.uk/toolbox/games/games_expressive#filter

Young Minds