

St Anne's C of E Primary School Curriculum Plan

Subject: PSHE

Year: 1

Term: Autumn 1



Unit: Beginning and Belonging



Vocabulary	Knowledge	Understanding	Skills
	Children will know (that)	Children will understand (that)	Children will be able to
<p>positive – bringing something good, or giving some kind of advantage.</p> <p>relationship – a connection between people</p> <p>emotion – feelings</p> <p>ground rules - basic rules governing the behaviour in a given situation</p> <p>network of support – A group of people who someone trusts .</p> <p>safe – providing protection from harm, loss, or danger.</p> <p>situation – state of affair, circumstance</p>	<p>What their classroom's ground rules are.</p> <p>What a positive relationship looks like in the classroom and how they can build a positive relationship with someone else.</p> <p>What a new situation could be.</p> <p>What it could feel like to be in a new situation and how to cope with that.</p> <p>How people may feel when they start a new school.</p> <p>That they can help them and how they could help them.</p>	<p>What a ground rule is, what they are in their classroom and how they should use them.</p> <p>Why ground rules are important.</p> <p>What positive relationships look like. How these can benefit them.</p> <p>Different types of new situations.</p> <p>That they may feel certain ways in new situations.</p> <p>That there are strategies that they can use for helping people who arrive new to the school.</p>	<p>Relationships Education:</p> <p>CF Caring Friendships</p> <p>RR Respectful Relationships</p> <p>Participate in discussions about behaviour that helps the classroom feel a safe and happy place to learn</p> <p>Understand the agreed ground rules</p> <p>Name the other children in their class and to take part in relationship building activities</p> <p>Describe some emotions that someone new to the school might feel, and have some ideas of ways to help someone new to feel</p>

<p>new – not seen or happened before</p> <p>support – to help during a time of trouble or stress</p> <p>trusted adult – a person over the age of 18 who someone knows well and can trust.</p> <p>trust - a belief in the strength or truth of a person or thing</p>	<p>What a network of support is and who is in theirs.</p> <p>What/ who a trusted adult is.</p>	<p>Who a trusted adult is. Why it is important to have trusted adults and how these can help in a way that a trusted child could not.</p> <p>That they can have trusted adults at school and at home.</p> <p>That their network of support will be made up of people they trust. That many of these will be trusted adults and that these people can help them.</p>	<p>welcome</p> <p>Identify people in their 'Network of Support' who can help them if they are worried or need support, and know how to ask for help</p> <p>Show some simple strategies for helping other people who need support.</p>
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St Anne's C of E Primary School Curriculum Plan

Subject: PSHE

Year: 1/2

Term: Autumn 1 and 2



Unit: Anti-Bullying



Vocabulary	Knowledge	Understanding	Skills
	Children will know (that)	Children will understand (that)	Children will be able to
<p>bullying – deliberately hurtful behaviour, repeated over a period of time, where it is difficult for those being bullied to defend themselves.</p> <p>cyberbullying – bullying that happens online or using electronic communication devices.</p> <p>repetition – when something happens again and again</p> <p>intentional – carried out on purpose</p> <p>different – not the same, unique</p> <p>assertiveness - Boldly self-assured; confident without being aggressive</p>	<p>What the word bullying means.</p> <p>The difference between bullying and unkind behaviour or falling out with a friend.</p> <p>What bullying is and the different types of bullying.</p> <p>That bullying can happen in person or online.</p> <p>That bullying can happen to one person or a group of people.</p> <p>The reasons why people may be bullied and that this can sometimes be because someone is different from others.</p>	<p>The definition of bullying and the difference between bullying and unkind behaviour.</p> <p>The different types of bullying and who it can happen to.</p> <p>Why someone may be bullied and that people's differences can lead to them being bullied.</p>	<p>Relationships Education:</p> <p>CF Caring Friendships</p> <p>RR Respectful Relationships</p> <p>Health Education:</p> <p>MW Mental Wellbeing</p> <p>IS Internet Safety & Harms</p> <p>Understand that bullying is deliberately hurtful behaviour and be able to give examples of the different forms of bullying</p> <p>Understand that sometimes people are bullied because they may be different in some way from others</p>

<p>bystander – A person who, although present at some event, does not take part in it; an observer or spectator.</p> <p>emotions - A person's internal state of being and response to an object or a situation</p> <p>feelings – an emotion</p> <p>strategy - A plan of action intended to accomplish a specific goal.</p> <p>defend - to support by words or writing; to vindicate, talk in favour of.</p> <p>online – actively connected to the Internet or to some other communications service.</p> <p>positive – bringing something good, or giving some kind of advantage.</p> <p>relationship – a connection between people</p> <p>trusted adult – a person over the age of 18 who someone knows well and can trust.</p> <p>trust - a belief in the strength or truth of a person or thing</p>	<p>The different feelings and emotions that someone could feel if they are being bullied.</p> <p>The different ways to respond to bullying, including who to talk to and how to be kind to people who are being bullied.</p> <p>Appropriate assertiveness strategies that can be used to respond to bullying.</p> <p>That bullying can happen in different places, including at school.</p> <p>The places at school where bullying may occur and what can be done to make these places feel safer.</p>	<p>What feelings and emotions are.</p> <p>That people who are bullied will experience different feelings and what these could be.</p> <p>That someone can respond to bullying and the appropriate ways to do this.</p> <p>How to treat someone who is being bullied.</p> <p>Where bullying may happen and what they and the school can do to prevent this.</p>	<p>Describe how it feels to be bullied or see someone else being bullied</p> <p>Demonstrate simple ways of responding to bullying including by being assertive</p> <p>Demonstrate how to be kind to children who are being bullied</p> <p>Identify places where bullying may occur at school and be starting to suggest simple strategies to help the school feel a safer place where bullying is less likely to occur.</p>
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St Anne's C of E Primary School Curriculum Plan

Subject: PSHE

Year: 1

Term: Autumn 2



Unit: Family and Friends



Vocabulary	Knowledge	Understanding	Skills
	Children will know (that)	Children will understand (that)	Children will be able to
<p>network of support – A group of people who someone trusts</p> <p>support – to help during a time of trouble or stress</p> <p>relationship – a connection between people</p> <p>positive – bringing something good, or giving some kind of advantage.</p> <p>special - different from others; unique</p> <p>family – any group living together as if they were related by blood</p>	<p>How to describe what a friend is and does.</p> <p>How to develop strategies for making and keeping friends.</p> <p>Friendship patterns change and they will be able to develop strategies for coping.</p> <p>How to recognise similarities and differences between themselves and their peers.</p> <p>Why families are special, that there are different family patterns and to be able to describe what is special about their own family.</p>	<p>What is a friend is and does and how to make and keep friends</p> <p>That friendships change over time</p> <p>That they have similarities and differences with their peers and the benefits of these</p> <p>That there are different family structures and what these can be</p>	<p>Relationships Education:</p> <p>FP Families & People who care for me</p> <p>CF Caring Friendships</p> <p>BS Being Safe</p> <p>Describe some of the qualities of friendship and to demonstrate skills in making friends.</p> <p>Develop some strategies for coping when they have friendship problems.</p> <p>Understand that friendships change.</p>

<p>peer - a person of the same rank, age group, or ability as another person; equal.</p>	<p>How to identify the range of people who are special to them and describe what makes them special.</p> <p>How to seek help and support and from whom.</p>	<p>What their network of support is and how to identify who is in it.</p> <p>How to ask for help and who it's best to ask for help from</p>	<p>Recognise some similarities and differences between them and other children, and understand that difference is positive.</p> <p>Understand that there are different family patterns.</p> <p>Describe what is special about their own family and its members, and about other people they know.</p> <p>Know who they can talk to if they need help and how to ask for it.</p>
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