Gulval School

thrive
Thrive School of Excellence 2021

PSHE Year 1 Sequence

Autumn 1 Welcome to school Emergencies and getting help	Autumn 2 People who care for us Rights, responsibilities and respect	Spring 1 Healthy Friendships Our bodies and boundaries
• Recognise positive behaviour and understand why it is important • Understand how rules can help keep us safe • Identify my safe adults in school and know they can help me • Understand how to safely get help in an emergency, including calling 999 • Understand how to care for myself and others	• Identify the different people in our lives who care for us • Understand how I can show that I care • Understand that all families are different but have the same key qualities • Understand that while everyone is different, basic needs remains the same • Understand how to get help if someone is making me feel unsafe • 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	• Identify what makes a good friend • Describe how to be a good friend • Be able to use some simple tools to help solve conflicts • Understand how to ask for help when being a friend becomes tricky • Know and understand the PANTS rules • Name the parts of the body and know which should be private • Know the difference between appropriate and inappropriate touch • Understand that I have the right to say 'no' to unwanted touch • Understand who I can trust and who I can ask for help

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ADVENTUROUS

Spring 2 Our health Healthy food choices	Summer 1 We all have feelings Good and not so good feelings	Summer 2 Managing our time safely whilst online
• Explain how we can look after our health • Explain how we keep our bodies healthy through diet, dental hygiene, sleep and sun safety • Understand that we need to balance physical activity with screen time • Identify different fruit and vegetables • Explore and evaluate fruit and vegetables, describing their texture, appearance, smell and taste • Understand that there is a recommended daily maximum sugar intake for my age • Explain why fruit and vegetables are an important part of a healthy diet, are a good sugar swap and why they are important to my 5-a-day • Understand and compare the sugar content in a variety of food and drink products • Select lower-sugar alternatives to high-sugar products	• Recognise and name some feelings that I might have • Explain how feelings can make our bodies feel inside • Describe how other's might be feeling • Identify who can help me with big feelings, and how I can help others • Identify feelings that are good and not so good • Recognise that people feel differently about subjects and situations • Understand factors that can impact our feelings • Suggest ways that I can help myself and others to feel better	• Recognise a range of different feelings • Describe how online content might make someone feel worried, scared or sad • Identify up to four adults who can help support an online problem

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ADVENTUROUS

PSHE Year 2 Sequence

Autumn 1 Respecting uniqueness Our communities	Autumn 2 Everyday safety Basic first aid	Spring 1 Learning about work Hand hygiene
• Explain what special and unique mean • Describe our own special and unique characteristics • Explain how we can respect the special and unique characteristics of others • Explain what a community is • Understand the different communities that we are part of • Know about and understand the term stereotype • Explain how stereotypes can be harmful	• Deepen understanding and knowledge of calling 999 in an emergency • Understand dangers in everyday situations and how to keep safe • Recognise how to keep safe at home, including fire safety with electrical appliances, lighters and matches • Identify that some household products and medicines are harmful • Recognise how to stay safe outdoors, especially around water and roads • Know who to ask for help when worried about the safety of self or others • Learn and develop basic first aid skills • Feel confident to help someone who requires basic first aid • Feel able to help someone in need of basic first aid	• Identify our own strengths and those of others • Know and understand about different jobs and why a person may choose one • Be able to describe some community roles • Know the qualities that makes someone good at their job • Understand that infection can be spread through touch • Understand microbes and how they are spread through touch to others • Understand the need for hand washing to reduce microbes • Understand that washing hands is the best way to prevent the spread of microbes • Understand that washing with soap and water is better than using water alone

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ADVENTUROUS

Spring 2 Sharing photos online Online interactions and information sharing	Summer 1 Online friends Big feelings	Summer 2 Keeping our teeth healthy
• Describe what might happen if we share a photograph online • Identify the effect of people's actions online and consider ways of keeping myself and others safe • Recognise that I can be an 'upstander' by choosing not to join in • Identify up to four adults in my life who I trust and how I can ask them for help if I have a problem online • Understand personal information and the importance of not sharing it online • Recognise different feelings encountered online and how the body might react to something that didn't feel right • Identify up to four adults in my life who I trust and know how to ask them for help if I have a problem online	• Describe the qualities that make a good friend • Understand that people online may not tell the truth • Explain the difference between a secret and a surprise • Identify up to four adults in my life who I trust and how to ask them for help if I have a problem online • Recognise that feelings can intensify (get stronger) • Describe how big feelings can affect emotions and behaviour • Identify what can help us feel better when there are big feeling (including talking to trusted adults) • Use words or phrases to ask for help with feelings	• Understand the importance of brushing, flossing and rinsing • Explain how to brush, floss and rinse • Recognise healthy teeth and name the basic parts of a tooth; understand the need to look after them • Know the foods to avoid to help keep teeth healthy • Understand what can happen during a visit to the dentist