

# YEAR 1 PSHE AND CITIZENSHIP CURRICULUM FRAMEWORK



AUTUMN TERM	SPRING TERM	SUMMER TERM
<p style="text-align: center;"><b>CHOICES</b></p>	<p style="text-align: center;"><b>COMMUNITIES</b></p>	<p style="text-align: center;"><b>FEELINGS AND RELATIONSHIPS</b></p>
<p>Children will be taught:</p> <ul style="list-style-type: none"> <li>to make thoughtful choices that improve their health and well-being;</li> <li>to understand how to try to keep themselves fit and healthy by eating healthy food;</li> <li>why it is important to change our clothes and keep ourselves clean;</li> <li>to experience exercise as enjoyable;</li> <li>to understand the importance of keeping active;</li> <li>important safety rules;</li> <li>to understand dangers in the home and on the roads;</li> <li>how to keep themselves safe in the home and out on the roads;</li> <li>to value each other;</li> <li>to take turns and to share their ideas and feelings;</li> <li>to organise and run a money-raising venture to support a favourite charity.</li> </ul>	<p>Children will be taught:</p> <ul style="list-style-type: none"> <li>what is meant by a family and that families come in different forms;</li> <li>to understand and respect different styles of family life;</li> <li>to reinforce what is meant by a community and to learn that it can be differentiated from other communities by customs and traditions;</li> <li>to respect other cultures and to value differences;</li> <li>to find out about other people's views;</li> <li>to share and take turns;</li> <li>to experience being a part of a community;</li> <li>to understand that everyone is important in that community;</li> <li>about environmental problems and improvements;</li> <li>about different ways of living;</li> <li>to respect other lifestyles;</li> <li>to talk about their feelings and opinions.</li> </ul> <p style="text-align: center;"><b>SAY NO TO BULLYING</b></p> <p>Children will be taught:</p> <ul style="list-style-type: none"> <li>to recognise what they like and dislike, what is fair and unfair, and what is right and wrong;</li> <li>to share opinions on things that matter to them and explain their views;</li> </ul>	<p>Children will be taught:</p> <ul style="list-style-type: none"> <li>to understand use and read the names for different parts of the body;</li> <li>to name and explain our feelings;</li> <li>to learn strategies for managing negative feelings;</li> <li>to encourage good relationships;</li> <li>to understand similarities and respect differences;</li> <li>to listen and take turns;</li> <li>to share information;</li> <li>about themselves and how others see them;</li> <li>to understand themselves and what makes each individual valued as a special and unique person;</li> <li>to understand that some things change as a person gets older;</li> <li>to encourage understanding and good relationships;</li> <li>to consider the consequences of their words and actions;</li> <li>to know what to do if they feel they are being bullied;</li> <li>to reinforce positive traits of caring, loyalty, trust, etc;</li> <li>to help forge supportive relationships;</li> <li>to understand rules of basic hygiene;</li> </ul>

	<ul style="list-style-type: none"> <li>• to recognise, name and deal with their feelings in a positive way;</li> <li>• to recognise choices they can make, and recognise the difference between right and wrong;</li> <li>• to recognise how their behaviour affects other people;</li> <li>• to identify and respect the differences and similarities between people;</li> <li>• that family and friends should care for each other;</li> <li>• that there are different types of teasing and bullying, that bullying is wrong, and how to get help to deal with bullying.</li> </ul>	<ul style="list-style-type: none"> <li>• to know of some pioneers in the advancement of medical science.</li> </ul>
<p>Healthy eating: Change for Life Anti-Bullying Week</p>	<p>Safer Internet Day</p>	<p>NSPCC: Speak out, stay safe' programme (including PANTS)</p>