



Our Intent is: What does it mean to be a safe, responsible and productive citizen, not just in our country, but the wider world as well?

PSHE

Nicky Nook Year B

Building on Previous Learning From EYFS:

Key Learning linked to Culture and Beliefs

Communication - express feelings, give opinions and reasons, comment on significant events in their own lives, talk about family, friends and the local community. Consider issues of similarity and difference in gender, language, ethnicity, religion, culture and SEND. Use their developing language skills to share experiences, ideas, give explanations, make suggestions, choices and decisions, either verbally or non-verbally.

Respect – themselves, special things in their own lives, other people including their ideas, feelings, beliefs, culture, possessions.

Observe – look closely and consider the people and the lives of different people and events in the world around them, examine objects and find out more about them.

Describe – themselves, friends, family, other people, significant places, events, objects or artefacts.

Research – show curiosity and interest, find out about people, special places and events or objects, explore and ask different types of questions, examine possibilities, consider alternatives.

Vocabulary – language of tolerance, respect and co-operation

Building on Previous Learning when B follows A:-

Who is special to us?	What is the same and different about us?	What can we do with money?	Who helps us stay healthy?	What helps us stay healthy?	How can we look after each other and the world?
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
RELATIONSHIPS	RELATIONSHIPS	LIVING IN THE WIDER WORLD	HEALTH AND WELL BEING	HEALTH AND WELL BEING	HEALTH AND WELL BEING
What makes a good friend?	What is bullying?	What jobs do people do?	What helps us to stay safe?	What helps us grow and stay healthy?	How do we recognise our feelings?

Key Skills

R6. about how people make friends and what makes a good friendship R7. about how to recognise when they or someone else feels lonely and what to do R8. simple strategies to resolve arguments between friends positively	R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online R11. about how people may feel if they experience hurtful behaviour or bullying R12. that hurtful behaviour (offline and online) including teasing, name-calling,	L7. about how the internet and digital devices can be used safely to find things out and to communicate with others L8. about the role of the internet in everyday life L15. recognise things appropriate to share and things that should not be shared	H28. about rules and age restrictions that keep us safe H29. to recognise risk in simple everyday situations and what action to take to minimise harm H30. about how to keep safe at home (including around electrical appliances) and	H1. about what keeping healthy means; different ways to keep healthy H2. about foods that support good health and the risks of eating too much sugar H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday	H11. about different feelings that humans can experience H12. how to recognise and name different feelings H13. how feelings can affect people's bodies and how they behave H14. how to recognise what others might be feeling
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<p>R9. how to ask for help if a friendship is making them feel unhappy R25. how to talk about and share their opinions on things that matter to them</p>	<p>bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult R16. about how to respond if physical contact makes them feel uncomfortable or unsafe R17. about knowing there are situations when they should ask for permission and also when their permission should be sought R21. about what is kind and unkind behaviour, and how this can affect others R22. about how to treat themselves and others with respect; how to be polite and courteous R24. how to listen to other people and play and work cooperatively R25. how to talk about and share their opinions on things that matter to them</p>	<p>on social media; rules surrounding distribution of images L16. about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation L17. about the different ways to pay for things and the choices people have about this</p>	<p>fire safety (e.g. not playing with matches and lighters) H31. that household products (including medicines) can be harmful if not used correctly H32. ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them R14. that sometimes people may behave differently online, including by pretending to be someone they are not R16. about how to respond if physical contact makes them feel uncomfortable or unsafe</p>	<p>H4. about why sleep is important and different ways to rest and relax H8. how to keep safe in the sun and protect skin from sun damage H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV</p>	<p>H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things H16. about ways of sharing feelings; a range of words to describe feelings H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep) H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better H27. about preparing to</p>
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			<p>R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)</p> <p>R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe</p> <p>R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard</p> <p>L1. about what rules are, why they are needed, and why different rules are needed for different situations</p> <p>L9. that not all information seen online is true</p>		<p>move to a new class/year group</p>
<p>Enhancements:</p>		<p>Life Education Van Farm Shop Visit People Who help Us visitors</p>			