

PSHE in Key Stage 1

Children develop their personal and interpersonal skills and learn about health and well-being, relationships and living in the wider world through their work in PSHE as well as science, literacy, religious education and physical education. An enquiry approach is adopted and children have opportunities to work individually, in pairs and in groups.

Lessons on Social and Emotional Aspects of Learning (SEAL) are held weekly, and targets set around the themes which run for between three and six weeks:

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| <ul style="list-style-type: none"> ✓ New beginnings ✓ Getting on and falling out ✓ Keeping safe ✓ Saying no to bullying ✓ Good to be me | <ul style="list-style-type: none"> ✓ Financial education ✓ Going for goals ✓ Relationships ✓ Changes ✓ Sustainability |
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At the end of each week, children nominate others in the class who have worked particularly hard on the target and then a vote for the week's 'SEAL Superstar' is held. Achievement is recognised in assembly and badges awarded.

Themed weeks are also held during the year to support our work in PSHE covering safety, anti-bullying, internet safety, Fairtrade, money and 'Feeling Good' and pupils organise and run an annual Children's Fair.

The main areas of learning are follows:

Health and Well-Being	Relationships	Living in the Wider World
<ul style="list-style-type: none"> ✓ What constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health ✓ Recognising likes and dislikes ✓ How to make real, informed choices to improve health ✓ Recognising that choices can have good and not so good consequences ✓ Thinking about themselves, learning from their experiences, recognising and celebrating their strengths and setting simple but challenging goals ✓ Good and not so good feelings, a vocabulary to describe their feelings to others and simple strategies for managing feelings ✓ Change and loss and the associated feelings (including moving home, losing toys, pets or friends) ✓ The importance of personal hygiene and how to maintain this ✓ How some diseases are spread and can be controlled and the responsibilities they have for their own health and that of others ✓ The process of growing from young to old and how people's needs change ✓ Growing and changing and new opportunities and responsibilities that increasing independence may 	<ul style="list-style-type: none"> ✓ Communicating feelings to others, to recognise how others show feelings and how to respond ✓ Recognising how their behaviour affects other people ✓ The difference between secrets and surprises and the importance of not keeping adults' secrets, only surprises ✓ Recognising what is fair and unfair, kind and unkind, what is right and wrong ✓ Sharing their opinions on things that matter to them and explaining their views through discussions with one other person and the whole class ✓ Listening to other people and playing and working cooperatively ✓ Developing strategies to resolve simple arguments through negotiation ✓ Offering constructive support and feedback to others ✓ Identifying and respecting the differences and similarities between people ✓ Identifying their special people (family, friends, carers), what makes them special and how 	<ul style="list-style-type: none"> ✓ How to contribute to the life of the classroom ✓ Helping to construct, and agree to follow, group and class rules and to understand how these rules help them ✓ That people and other living things have needs ✓ That everyone has responsibilities ✓ Taking turns, sharing and understanding the need to return things that have been borrowed ✓ Understanding they belong to various groups and communities such as family and school ✓ What improves and harms their local, natural and built environments and about some of the ways people look after them ✓ That money comes from different sources and can be used for different purposes, including the concepts of spending and saving ✓ About the role money plays in their lives including how to manage their money, keep it safe, choices about spending

<p>bring</p> <ul style="list-style-type: none"> ✓ The names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls ✓ That household products, including medicines, can be harmful if not used properly ✓ Rules for and ways of keeping physically and emotionally safe (including safety online, the responsible use of ICT, the difference between secrets and surprises and understanding not to keep adults' secrets; road safety, cycle safety and safety in the environment (including rail, water and fire safety) ✓ About people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them ✓ Recognise that they share a responsibility for keeping themselves and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell' 	<p>special people should care for one another</p> <ul style="list-style-type: none"> ✓ Judging what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them) ✓ That people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable) ✓ Recognising when people are being unkind either to them or others, how to respond, who to tell and what to say ✓ That there are different types of teasing and bullying, that these are wrong and unacceptable ✓ How to resist teasing or bullying, if they experience or witness it, whom to go to and how to get help 	<p>money and what influences those choices</p>
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