

Castle View Primary School PSHE Curriculum

Autumn 1, Year 1 – *Me and My Relationships*

Prior learning (ELG'S):

- Show an understanding of my own feelings and those of others.
- Explain the reasons for rules, know right from wrong and try to behave accordingly.
- Form positive attachments with adults and friendships with peers.

SCARF Objectives:

- To name a variety of different feelings and explain how these might make me behave.
- To think of some different ways of dealing with 'not so good' feelings.
- To recognise when I need help and who I should go to for help.
- To explain some different classroom rules and why we have them.

Assessment Questions:

- Why do we have different feelings?
- How do we show our feelings?
- What makes a good friend?
- Who can you ask for help?

Key vocabulary:

Rules, safe, responsibility,
feelings, body language,
emotions, safe, support,
behaviour, help, hurt, heal,
friendship, making up

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Autumn 2, Year 1 – *Valuing Difference*

Prior learning (ELG'S):

- Talk about the lives of people around me and their role in society.
- Know some similarities and differences between different religious and cultural communities in this country.
- Explain some similarities and differences between life in this country and life in other countries.

SCARF Objectives:

- To discuss ways in which people are similar as well as different,
- To talk about why things sometimes seem unfair, even if they are not.
- To recognise that I belong to various groups and communities.
- To understand the difference between unkindness, teasing and bullying.

Assessment Questions:

- In what ways are you similar to your friends?
- In what ways are you different?
- Who is special to you?
- What groups do we belong to? (friendship, place of worship etc.)

Key vocabulary:

Same, different, difference,
respect, fair, unfair, kind,
unkind, tease, behaviour,
bullying, special people, family,
qualities, feelings

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Spring 1, Year 1 – *Keeping Safe*

Prior learning (ELG'S):

- Keep myself safe from strangers and can articulate the reasons behind this.
- Show an understanding of my own feelings and feeling of others and begin to regulate my behaviour accordingly.
- Manage my own basic hygiene and personal needs.

SCARF Objectives:

- To recognise emotions and physical feelings associated with feeling unsafe and how to get help.
- To give examples of how I keep myself healthy (food, sleep, exercise, etc).
- To understand when medicines might be harmful (e.g. overdose, if not needed, another person's medicine, etc.)
- To know and name which body parts should be private. (PANTS)
- To know how to keep safe online, including how to get help by telling an adult I trust.

Assessment Questions:

- What happens to our body when we feel nervous or worried?
- What can you do to keep healthy?
- How can medicine help a person?

Key vocabulary:

Healthy, sleep, rest, grow, tired,
feelings, nervous, worries,
support, safe, unsafe,
medicine, harmful, private,
trust, online, consent, risk, help

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Spring 2, Year 1 – *Rights and Respect*

Prior learning (ELG'S):

- Work and play collaboratively and take turns with others.
- Show sensitivity to my own and others needs.
- Describe my immediate environment.

SCARF Objectives:

- To recognise how a person's behaviour (including their own) can affect other people.
- To explain where people get money from and list some of the things it may be spent on.
- To give some examples of how I look after; myself, my environment (at school or at home), and my money.

Assessment Questions:

- Does our behaviour only affect us? Who else can it affect?
- Does everybody in our class have the same needs?
- In what ways can you look after our school environment?
- Where does money come from? How do we use it?
- How should we look after our money?

Key vocabulary:

Behaviour, consequences,
promise, environment,
responsibility, needs, respect,
money, cost, bills, spending,
note, coin, saving

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Summer 1, Year 1 – *Being my Best*

Prior learning (ELG'S):

- Manage my own basic hygiene and personal needs.
- Understand the importance of healthy food choices, teeth brushing and exercise.
- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.

SCARF Objectives:

- To explain why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day.
- To recognise the importance of regular hygiene routines.
- To understand how diseases spread and simple strategies to prevent this.
- To name a few different ideas of what I can do if I find something difficult.

Assessment Questions:

- What sort of foods do you think are healthy for our body?
- Are there any foods we need to avoid eating lots of?
- What do we do to look after our bodies and keep them clean?
- How can we stop germs from spreading?
- Can you learn a new skill in one go?

Key vocabulary:

Healthy, unhealthy, dairy,
protein, fruit, vegetables,
vitamins, portions, routine,
hygiene, clean , germs, disease,
spread, practice, confidence,
achievements

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Summer 2, Year 1 – *Changing and Growing*

Prior Learning (ELG'S):

- Show sensitivity towards their own and others needs.
- Understand the similarities and differences between things in the past and now.

SCARF Objectives:

- To explain some of the things I can do now that I couldn't do when I was a toddler.
- To know what some of my body parts do (inside and outside).
- To understand the difference between secrets and a nice surprise.
- To describe ways in which private parts can be kept private.
- To identify an adult I can talk to at both home and school if I need help.

Assessment Questions:

- Why is it important to eat healthy food / exercise regularly / get a good night's sleep?
- What changes have happened to you since you were a baby?
- What is the difference between teasing and bullying?
- Who could you get help from in a bullying situation?
- Which body parts should you keep private? Are girl's and boy's privates the same?

Key vocabulary:

energy, water, food, air, change,
growing, size, height, needs,
help, unkindness, tease, bully,
witness, surprise, secret,
private.