

PSHE Medium term plans-Year 1

Meet Your Brain (Autumn 1)

Meet your brain 1	<ul style="list-style-type: none">• We are learning what our brain looks like and how it helps us.• We are learning that the brain has 3 parts.
Meet your brain 2	<ul style="list-style-type: none">• We are learning about how our brains help us.• We are learning what Neuroplasticity is.• We are learning how Team H-A-P help us be our best self.
Meet your brain 3	<ul style="list-style-type: none">• We are learning what happens when Team H-A-P is happy and sad.• We are learning how you can help Team H-A-P.
Meet your brain 4	<ul style="list-style-type: none">• We are learning more about Happy Breathing and how it helps us.• We are learning that our brain can react differently in different situations.
Meet your brain 5	We will be recapping and thinking about how we can use our new knowledge
Core Theme 1 Unit 5 Keeping Safe LESSON 6: Internet Safety E-Safety	<ul style="list-style-type: none">• Know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).• Learn about who to go to for help and advice• I can recognise what I like and dislike• I can recognise that there are people who care for and look after me• I can identify different relationships that I have and why these are important• I can seek help from an appropriate adult when necessary• I can recognise and respond to different issues of safety relating to myself and others and how to get help
Core Theme 1 Unit 1 Healthy Lifestyles LESSON 4: Physical Activity Get Physical!	<ul style="list-style-type: none">• To understand the need for physical activity to keep healthy• To recognise the benefits of regular exercise and understand the particular benefits of different physical activities for promoting health• I can recognise why healthy eating and physical activity are beneficial• I can make simple choices that improve their health and well-being e.g. healthy eating• I can make positive real-life choices• I can recognise the benefits of regular exercise and understand the particular benefits of different physical activities for promoting health

Celebrate (Autumn 2)

Celebrate 1	<ul style="list-style-type: none"> • We are learning what character is. • We are learning how character makes us special.
Celebrate 2	<ul style="list-style-type: none"> • We are learning more about Character Strengths. • We are learning why it is important to use our strengths
Celebrate 3	<ul style="list-style-type: none"> • We are learning more about the types of Character Strengths that we use most. • We are learning why it is important to use our strengths
Celebrate 4	<ul style="list-style-type: none"> • We are learning how to use our strengths even more. • We are thinking about which strengths we use the most
Core Theme 1 Unit 2 Hygiene LESSON 4: Washing Hands Meet Grub!	<ul style="list-style-type: none"> • To learn to eradicate germs and the spread of diseases by washing hands • To understand how germs spread infections and diseases • I can make simple choices that improve their health and well-being e.g. healthy eating • I can manage basic personal hygiene
Core Theme 1 Unit 1 Healthy Lifestyles LESSON 1: Healthy Eating Vote Green!	<ul style="list-style-type: none"> • To learn about where vegetables and fruit grow • To learn to make simple choices that improve their health and well-being e.g. healthy eating • I can make simple choices that improve their health and well-being e.g. healthy eating • I can make positive real-life choices

Appreciate (Spring 1)

Appreciate 1	<ul style="list-style-type: none"> • We are learning what Appreciate means. • We are learning ways to show appreciation. • We are learning who we are grateful for
Appreciate 2	<ul style="list-style-type: none"> • We are learning how important showing Gratitude is. • We are learning how Gratitude makes us feel. • We are learning how to show appreciation to ourselves.
Appreciate 3	<ul style="list-style-type: none"> • We are learning about Gratitude for Experiences. • We are learning why Gratitude makes us feel good.
Core Theme 1 Unit 5: Keeping safe Lesson 4: Personal safety Secret surprise	<ul style="list-style-type: none"> • Learn about the difference between secrets and surprises • Understanding when not to keep adults' secrets • Understand that it is acceptable to say 'I can recognise that there are people who care for and look after me • I can identify different relationships that I have and why these are important • I can seek help from an appropriate adult when necessary • I can know how to keep safe and how and where to get help • I can recognise and manage risk in everyday activities

<p>Core Theme 1 Unit 5 Keeping Safe LESSON 5: Emotional Safety Getting Help</p>	<ul style="list-style-type: none"> • Know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). • Learn about who to go to for help and advice • I can recognise what I like and dislike • I can recognise that there are people who care for and look after me • I can identify different relationships that I have and why these are important • I can seek help from an appropriate adult when necessary • I can recognise and respond to different issues of safety relating to myself and others and how to get help
<p>Core Theme 3 Unit 1 Rules and Responsibilities LESSON 4: Lending / Borrowing The Borrowers</p>	<ul style="list-style-type: none"> • Understand the concept of 'borrowing' • Show responsibility to others • I can listen to and show consideration for other people's views • I can listen to, reflect on and respect other people's views and feelings • I can identify the importance of rules and be able to say why rules applying to me are necessary

Relate (Spring 2)

<p>Relate 1</p>	<ul style="list-style-type: none"> • We are learning what Relate means. • We are learning how our Character Strengths and differences can help us Relate.
<p>Relate 2</p>	<ul style="list-style-type: none"> • We are learning more about how to Relate to people. • We are learning all about Active Listening.
<p>Relate 3</p>	<ul style="list-style-type: none"> • We are learning how relating to other people helps us to get along with them. • We are learning to think about other people's opinion.
<p>Core Theme 2 Unit 1 Communication Lesson 3: Opinions</p>	<ul style="list-style-type: none"> • To understand that it is important to share their opinions and to be able to explain their views. • To learn to listen to other people and play and work co-operatively.

Engage (Summer 1)

Engage 1	<ul style="list-style-type: none"> • We are learning what Engage means. • We are recapping which habits we have learnt to help us feel good
Engage 2	<ul style="list-style-type: none"> • We are learning how we can achieve our goals when we feel good. • We are learning how to set goals
Engage 3	<ul style="list-style-type: none"> • We are learning how to stay focused when things get tough and don't go as planned • We are learning about the importance of believing in ourselves and how this helps us to be our best self
Engage 4	<ul style="list-style-type: none"> • We are recapping everything we have learnt this year. • We are thinking about how we can share our learnings with other people.
Core Theme 1 Unit 2 Hygiene LESSON 1: Dental Hygiene 1 Brushing Up!	<ul style="list-style-type: none"> • To understand the need for protein as part of a balanced diet • To recognise which types of food are healthy • I can make positive real-life choices • I can recognise why healthy eating and physical activity are beneficial • I can make simple choices that improve their health and well-being e.g. healthy eating
Core Theme 1 Unit 1 Healthy Lifestyles LESSON 3: Healthy Eating Party Time!	<ul style="list-style-type: none"> • To apply their knowledge of healthy eating to plan a menu for a themed party • To make positive real-life choices • I can make simple choices that improve their health and well-being e.g. healthy eating • I can make positive real-life choices

Summer 2 (From 3D PSHE)

Core Theme 1 Unit 5 Keeping Safe LESSON 1: Sun Safety It's a Cover Up!	<ul style="list-style-type: none"> • Know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. • To understand the importance of sun safety • To know how to keep safe in the sun • I can recognise risk in everyday activities • I can take responsibility for my own safety and the safety of others and be able to seek help in an emergency • I can make simple choices that improve their health and well being
Core Theme 1 Unit 5 Keeping Safe LESSON 2: Road Safety Green X Code	<ul style="list-style-type: none"> • Learn rules for, and ways of, keeping safe, including basic road safety and about people who can help them to stay safe • Develop an awareness of the Green Cross Code • I can demonstrate basic road safety skills • I can recognise and manage risk in everyday activities
Core Theme 3 Unit 3 Money and Finance LESSON 1: Money	<ul style="list-style-type: none"> • Understand where money comes from • Recognise notes and coins • I can recognise where money comes from and the choices people make to spend money on things they want and need

Grows on Trees?	
<p>Core Theme 3 Unit 3 Money and Finance LESSON 2: Money Coining It In!</p>	<ul style="list-style-type: none"> • Understand the role of money in our society • I can identify the different types of work people do and learn about different places of work • I can recognise where money comes from and the choices people make to spend money on things they want and need
<p>Core Theme 3 Unit 3 Money and Finance LESSON 3: Money Keep It Safe</p>	<ul style="list-style-type: none"> • Understand why it is important to keep money safe • I can recognise where money comes from and the choices people make to spend money on things they want and need