

Key Stage 1 Cycle B - PSHRE



Autumn Term	Spring Term	Summer Term
<p>R-To know the importance of respecting others, even when they are very different from us (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</p> <p>R-To know some similarities and differences between people from different countries and the importance of cross-cultural friendship.</p> <p>R-To understand the importance of sharing as part of friendship and kindness.</p> <p>R-To recognise what is fair and unfair.</p> <p>R-To take part in discussions with the whole class.</p> <p>R-To understand our role in the class community.</p> <p>LW-To know how to contribute to the life of the classroom.</p> <p>LW-To understand that we belong to various groups and communities.</p> <p>LW-To develop a sense of belonging in the wider community.</p> <p>LW-To know how to respond safely and appropriately to adults we may encounter (in all contexts, including online) whom we do not know.</p>	<p>HW-To understand the importance of and reasons for bathing and showering.</p> <p>HW-To understand the importance of maintaining personal hygiene.</p> <p>HW-To understand the importance of and reasons for bathing and showering.</p> <p>HW-To understand the importance of maintaining personal hygiene.</p> <p>HW-To understand the importance of effective teeth cleaning and good dental hygiene</p> <p>HW-To know how to take care of teeth, in addition to brushing.</p> <p>HW-To manage basic personal hygiene.</p> <p>HW-To find out which foods are good for us.</p> <p>HW-To understand the importance of a healthy lifestyle, including dental hygiene.</p> <p>HW-To make simple choices that improve their health and well-being e.g. healthy eating.</p> <p>HW-To learn about the importance of medicine safety.</p> <p>HW-To know that all household products, including medicines, can be harmful if not used properly.</p>	<p>HW-To know how to ask for advice or help for ourselves or others, and to keep trying until we are heard.</p> <p>R-To know about different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help.</p> <p>R-To understand who can help if someone is affected by bullying.</p> <p>R-To understand that there are different types of bullying, that bullying is wrong and how to get help to deal with bullying</p> <p>R-To understand that family and friends should care for each other.</p> <p>R-To understand strategies to cope with unfair teasing.</p> <p>R-To understand that there are different types of teasing and bullying.</p> <p>LW-To understand the role of the local community.</p> <p>LW-To develop a strong relationship within the local community.</p> <p>LW-To understand the importance of shared responsibility within all communities.</p> <p>LW-To take responsibility for our actions.</p> <p>LW-To be responsible for another living thing.</p>
Autumn Term 2	Spring Term 2	Summer Term 2
<p>R-To understand the difference between right and wrong.</p> <p>R-To know that families are important for children growing up because they can give love, security and stability.</p> <p>R-To recognise that family and friends should care for each other.</p> <p>HW-To think about themselves, learn from experiences and recognise what they are good at.</p> <p>HW-To recognise choices that they can make and value their achievements.</p> <p>HW-To know how to set simple goals and targets for themselves</p> <p>R-To recognise the importance of listening to other people. To understand the importance of being able to work cooperatively.</p> <p>R-To understand the concept of negotiation.</p> <p>R-To recognise the importance of listening to other people.</p> <p>R-To understand the importance of being able to play and work cooperatively.</p> <p>R- To take part in a simple debate about topical issues.</p> <p>R-To communicate their feelings to others.</p> <p>To share opinions and explain their views.</p>	<p>HW- To identify and respect similarities and differences between boys and girls.</p> <p>HW-To know the process of growing from young to old.</p> <p>HW-To know the names for different parts of the body.</p> <p>HW-To recognise similarities and differences based on gender.</p> <p>HW-To know about the physical changes in our bodies as we grow.</p> <p>HW-To understand emotional changes as we grow up.</p> <p>HW-To know that we have rights over our own bodies.</p> <p>HW-To Understand how our needs change and grow as we develop.</p> <p>HW-To understand how muscles work.</p> <p>HW-To make positive real-life choices.</p> <p>HW-To understand the importance of physical activity and rest as part of a balanced, healthy lifestyle.</p> <p>HW-To make positive real-life choices.</p>	<p>HW-To know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</p> <p>HW-To understand the importance of sun safety.</p> <p>HW-To know how to keep safe in the sun.</p> <p>HW-To know rules for, and ways of, keeping safe, including basic road safety and about people who can help us to stay safe.</p> <p>LW-To develop an awareness of the Green Cross Code.</p> <p>LW-To Understand where money comes from.</p> <p>LW-To recognise notes and coins.</p> <p>LW-To understand the role of money in our society.</p> <p>LW-To understand why it is important to keep money safe.</p>

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To listen to other people and work co-operatively.		
Autumn Safe Zone	Spring Safe Zone	Summer Safe Zone
<p>To explain how other people's identity online can be different to their identity in. real life</p> <p>To describe ways in which people can make themselves look different online</p> <p>To give examples of issues online that might make me feel sad, worried, uncomfortable or frightened</p> <p>To give examples of how I might get help</p> <p>To use the internet to communicate with people I don't know well</p> <p>To give examples of how I might use technology to communicate with others I don't know well</p> <p>To describe how online information about me could be seen by others</p> <p>To describe and explain some rules for keeping my information private</p> <p>To explain what passwords are and use them for my accounts and devices</p> <p>To explain how many devices in my home could be connected to the internet and can list some of</p>	<p>To explain how information put online about me can last a long time</p> <p>To know who to talk to if I think someone has made a mistake about putting something online</p> <p>To give examples of bullying behaviour and how it could look online</p> <p>To understand how bullying can make someone feel</p> <p>To talk about how someone can / would get help about being bullied on or offline</p>	<p>To use keywords in search engines</p> <p>To demonstrate how to navigate a simple webpage to get information</p> <p>To explain what voice activated searching is and how it might be used</p> <p>To describe why other people work belongs to them</p> <p>To explain what passwords are and use them for my accounts and devices</p> <p>To explain how many devices in my home could be connected to the internet and can list some of</p> <p>To recognise that content on the internet may belong to other people</p> <p>To explain what passwords are and use them for my accounts and devices</p> <p>To explain how many devices in my home could be connected to the internet and can list some of</p>

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Vocabulary – Subject Specific

Engage with, Talk about, Explore, Ask questions, Recognise, Listen and respond, Find out about, Identify, Hear and respond, Listen to, Find out about

Vocabulary - Topic Specific

<ul style="list-style-type: none"> • difference • right • wrong • common goals • community • relationships • consideration • sensitivity • rules • apply 	<ul style="list-style-type: none"> • reflect • share • opinions • identify • different • relation-ships • strengths • weaknesses • real-life • set goals • prioritise 	<ul style="list-style-type: none"> • choices • healthy eating • health • substances • manage • risk • personal hygiene 	<ul style="list-style-type: none"> • differences • choices • improve • health • physical activity • beneficial • regular • activity • physical changes 	<ul style="list-style-type: none"> • relationships • influence • positively • negatively • collaborate • responsible • recognise • fair • unfair • reflect • respect • views • money 	<ul style="list-style-type: none"> • contribute • enterprise • afford • choice • recognise • spending money • common goals
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Safe Zone Vocabulary

Identity • Online • Email • Relationships • Healthy • Technology • Communicate • Information • Reputation • Responsibility • Negative comments • Search engine • Inappropriate • Copyright • Webpage

I will learn...

<p>how to show awareness of issues affecting communities and groups.</p>	<p>How to recognise how their behaviour affects other people. How to recognise right and wrong.</p>	<p>How to make simple choices that improve health and well-being e.g. healthy eating. How to manage basic personal hygiene.</p>	<p>How to recognise and respect similarities and differences between people.</p>	<p>How to recognise that there are people who care for and look after them.</p>	<p>That we can have negative feelings if we are involved in some form of conflict or when we do something wrong (because we feel guilty).</p>
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<p>How to identify and understand why laws are made and how they are applied justly.</p> <p>How to reflect on the impact of people's actions on others.</p> <p>How to know how to keep safe and how and where to get help.</p> <p>How to recognise and respond to issues of safety relating to myself and others and how to get help.</p> <p>How to use strategies to stay safe when using ICT and the internet.</p> <p>How to behave safely and responsibly in different situations.</p> <p>How to follow school rules about health and safety and know where to get help.</p> <p>How to use ICT safely including keeping electronic data secure.</p> <p>How to use ICT safely including using software features and settings.</p> <p>How to begin to make responsible choices and consider consequences.</p> <p>How to recognise the need to take responsibility for my actions.</p> <p>How to recognise right and wrong, what is fair and unfair and explain why.</p> <p>How to self-assess, understanding how this will help my future actions.</p> <p>How to work independently and in groups, taking on different</p>	<p>How to recognise how their behaviour and that of others may influence people both positively and negatively.</p> <p>How to self-assess, understanding how this will help their future actions.</p> <p>How to recognise that there are people who care for and look after them.</p> <p>How to identify different relationships that they have and why these are important.</p> <p>How to seek help from an appropriate adult when necessary.</p> <p>How to develop positive relationships through work and play.</p> <p>How to listen to and show consideration for other people's views.</p> <p>How to listen to, reflect on and respect other people's views and feelings.</p> <p>How to recognise what they are good at.</p> <p>How to make positive real-life choices.</p> <p>How to recognise their strengths and how they can contribute to different group.</p> <p>How to set goals, prioritise and manage time and resources, understanding how this will help their future actions.</p> <p>How to recognise, name and manage their feelings in a positive way.</p> <p>How to share their opinions on things that matter to them.</p> <p>How to negotiate and present their own views.</p>	<p>How to recognise that some substances can help or harm the body.</p> <p>How to seek help from an appropriate adult when necessary.</p> <p>How to know how to keep safe and how and where to get help.</p> <p>How to recognise and manage risk in everyday activities</p>	<p>How to reflect on the similarities and differences between people.</p> <p>How to recognise the simple physical changes to our bodies experienced since birth.</p> <p>How to reflect on the similarities and differences between people.</p> <p>How to recognise the simple physical changes to our bodies experienced since birth.</p> <p>How to recognise why healthy eating and physical activity are beneficial.</p> <p>How to make simple choices that improve health and well-being e.g. healthy eating.</p> <p>How to make positive real-life choices.</p> <p>How to recognise the benefits of regular exercise and understand the particular benefits of different physical activities for promoting health.</p> <p>How to recognise why healthy eating and physical activity are beneficial.</p>	<p>How to identify different relationships that they have and why these are important.</p> <p>How to consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying.</p> <p>How to seek help from an appropriate adult when necessary.</p> <p>How to recognise and respond to issues of safety relating to themselves and others and how to get help.</p> <p>How to recognise right and wrong, what is fair and unfair and explain why.</p> <p>How to recognise how their behaviour and that of others may influence people both positively and negatively.</p> <p>How to listen to, reflect on and respect other people's views and feeling.</p> <p>How to recognise how their behaviour affects other people.</p> <p>How to recognise the difference between right and wrong.</p> <p>How to listen to and show consideration for other people's views.</p> <p>How to work independently and in groups, taking on different roles and collaborating towards common goals.</p> <p>How to consider ways of looking after the school or community and how to care for the local environment.</p> <p>How to identify the importance of rules and be able to say why</p>	<p>That We can deal with negative feelings by talking to the right people – e.g. trusted adults or close friends.</p> <p>That Love is an important emotion because it makes people feel important and cared for.</p> <p>That We show love by what we do and say: we may give gifts or hug and kiss people to show them that we love them.</p> <p>That It is OK to feel sad as we are all sad sometimes.</p> <p>That If we feel sad, we should not try to cope on our own; we can share our problems.</p> <p>That it is more important to buy food than toys because food is a need whereas toys are a want.</p> <p>that Money is important because we need it to live and survive.</p> <p>That you can earn money by working or by selling something.</p>
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<p>roles and collaborating towards common goals. How to take the lead, prioritise actions and work independently and collaboratively towards goals. How to reflect on own mistakes and make</p>	<p>How to reflect on the similarities and differences between people. How to identify and talk about their own and others' strengths and weaknesses and how to improve. How to work and play independently and in groups, showing sensitivity to others. How to work independently and in groups, taking on different roles and collaborating towards common goals. How to take turns and share as appropriate.</p>			<p>rules applying to them are necessary. How to suggest rules that would improve things for the common good. How to express views and take part in decision-making activities to improve their immediate environment or community.</p>	
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Sticky Knowledge

<p>If countries were friendlier towards each other they could work together and achieve more.</p> <p>You can be generous by giving your time as well as giving money and help.</p> <p>'Unfair' means that you are not being treated the same as everyone else for no good reason.</p> <p>You support your school community by behaving responsibly.</p> <p>Another example of a community is the Brownies, a swimming club etc.</p> <p>Being part of a community enables people to support each</p>	<p>Some behaviours are never right under any circumstances e.g. bullying, stealing etc.</p> <p>It is best to think of the consequences of an action before you do it because there are always consequences to everything we do; it may help you to make the right decisions before it is too late.</p> <p>Goals are important because we need to have something to aim for to encourage us to be better than we currently are.</p> <p>It is important to be able to negotiate to enable people to reach agreements.</p> <p>It is important to be able to work as a team to enable people to work towards a</p>	<p>If we don't keep clean, we will smell nasty, look dirty and become unwell.</p> <p>The best way to keep clean is to bath/shower, wash hands and wash our hair.</p> <p>Our skin is the largest organ in our body.</p> <p>Skin is strong, waterproof and flexible.</p> <p>As we get older, our skin becomes more fragile and less stretchy.</p> <p>We have four types of different teeth: incisors, canines, molars and pre-molars.</p>	<p>Boys and girls are no better than the other; they are equal.</p> <p>The key physical difference is that boys have a penis and girls have a vagina.</p> <p>Differences between boys and girls do not matter because we are still equal.</p> <p>Only someone who we allow to touch us has the right to touch us.</p> <p>Examples of appropriate touching include a hug and a kiss etc.</p> <p>We need our muscles in order to move.</p> <p>We can strengthen our muscles by exercising.</p>	<p>It is safe to approach a known adult or someone in a uniform.</p> <p>If you were lost or in danger, try to find a trusted adult.</p> <p>It is important to see things from other people's point of view as there are often other ways of looking at things.</p> <p>A 'positive impact' means that something has a good effect.</p> <p>Rules are important because they help us to stay safe and to ensure that everyone is treated equally and has the same opportunities.</p>	<p>We can have negative feelings if we are involved in some form of conflict or when we do something wrong (because we feel guilty).</p> <p>We can deal with negative feelings by talking to the right people – e.g. trusted adults or close friends.</p> <p>Love is an important emotion because it makes people feel important and cared for.</p> <p>We show love by what we do and say: we may give gifts or hug and kiss people to show them that we love them.</p> <p>It is OK to feel sad as we are all sad sometimes.</p>
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<p>other and achieve common goals.</p> <p>School could be described as a community because it comprises a group of people who are working towards the same goal - which is to learn.</p> <p>We can help to look after others in our school community and our wider community by behaving responsibly and being kind.</p> <p>An adult you do not know is someone you feel unsafe with compared to an adult you do know.</p> <p>We can keep ourselves safe when we encounter adults we don't know by not trusting them.</p>	<p>common goal or to complete something.</p> <p>'Peace-loving?' means to want to resolve conflict.</p> <p>It is OK to disagree because we all can have our own opinions</p>	<p>Incisors cut food, canines tear food, premolars crush it and molars grind it up.</p> <p>We should clean our teeth by using a brush with some appropriate toothpaste in a gentle circular motion.</p> <p>Other than brushing, we can also use mouthwash and dental floss, eat healthily and visit the dentist regularly to look after our teeth.</p> <p>Fruit, vegetables and calcium-rich dairy products are all good for our teeth.</p> <p>We should only take medicines when prescribed/given by a doctor or nurse.</p> <p>If too much medicine is taken, it can be very dangerous and we could get very ill.</p>	<p>You can increase the exercise you do by joining a sports club and walking instead of using transport.</p>		<p>If we feel sad, we should not try to cope on our own; we can share our problems.</p> <p>It is more important to buy food than toys because food is a need whereas toys are a want.</p> <p>Money is important because we need it to live and survive.</p> <p>You can earn money by working or by selling something.</p>
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