

Whittingham C of E Primary HERE and RSHE Education KS 1 (Year 1 and 2 Plans -A and B together prior to Staff CPD session September 2020)

<p>There are 3 Core Themes in the new 'HERE' aspects of PSHE</p> <p>CORE THEME 1:</p> <p>Health and Wellbeing - Healthy Lifestyles (physical wellbeing)</p> <p>Also link to Thrive (BA Thrive Practitioner)</p> <p>Link to Science DT and PE</p>	<p>From September 2020, the Health Education and Relationships Education (primary) and the secondary Relationships and Sex Education (RSE) (secondary) aspects of PSHE education will be compulsory in all schools.</p> <p>https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education</p> <p>KS1 Learning opportunities in Health and Wellbeing -</p> <p>Pupils learn...</p> <p><u>Healthy Lifestyles (Physical Health and Wellbeing) -Being Healthy -</u></p> <p>www.change4life.co.uk</p> <p>H1. about what keeping healthy means; different ways to keep healthy</p> <p>H2. about foods that support good health and the risks of eating too much sugar</p> <p>H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday</p> <p>H4. about why sleep is important and different ways to rest and relax</p> <p><u>Mental health -Feelings - Zones of Regulation</u></p> <p>H11. about different feelings that humans can experience</p> <p>H12. how to recognise and name different feelings</p> <p>H13. how feelings can affect people's bodies and how they behave</p> <p>H14. how to recognise what others might be feeling</p>	<p><u>Healthy Lifestyles (Physical Health and Wellbeing)</u></p> <p><u>Our Wonderful NHS - Doctors and Dentists</u></p> <p>https://campaignresources.phe.gov.uk/schools/resources/keeping-our-teeth-healthy-lesson-plans?utm_source=subscriber_phe&utm_medium=email&utm_campaign=march_edcoms&utm_content=downloadcta1</p> <p>H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health</p> <p>H8. how to keep safe in the sun and protect skin from sun damage</p> <p>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>H10. about the people who help us to stay physically healthy</p> <p>H5. simple hygiene routines that can stop germs from spreading</p> <p>H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy</p> <p><u>Mental health -Our Feelings -</u> (Self-regulation strategies ie self-soothing, mindfulness, yoga)</p> <p>H16. about ways of sharing feelings; a range of words to describe feelings.</p> <p>H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)</p> <p>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</p>	<p><u>Mental Health -Reflection and Resilience</u></p> <p>H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better.</p> <p><u>Ourselves, growing and changing -Our Bodies</u></p> <p>H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)</p> <p>H26. about growing and changing from young to old and how people's needs change</p> <p><u>Ourselves, growing and changing -Moving On</u></p> <p>H27. about preparing to move to a new class/year group</p> <p><u>Keeping Safe - People Who Help Us</u></p> <p>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</p> <p>H33. about the people whose job it is to help keep us safe (Community Police, RNLI etc)</p> <p><u>Keeping Safe -First Aid comes first!</u> (St John's Ambulance resources/ mini medics)</p> <p>H35. about what to do if there is an accident and someone is hurt</p> <p>H36. how to get help in an emergency (how to dial 999 and what to say)</p>
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<p>CORE THEME 2:</p> <p>Relationships</p>	<p><u>KS 1 Learning Opportunities in Relationships Pupils learn:</u></p> <p><u>Managing hurtful behaviour and bullying – Beat the Bully</u></p> <p>R11. about how people may feel if they experience hurtful behaviour or bullying</p> <p><u>Managing hurtful behaviour and bullying</u></p> <p>R10.that bodies and feelings can be hurt by words and actions; that people can say hurtful things online</p> <p>R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult</p> <p><u>Safe Relationships – PANTS! (NSPCC)</u></p> <p>R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private</p> <p>R15. how to respond safely to adults they don't know</p> <p>R16. about how to respond if physical contact makes them feel uncomfortable or unsafe</p> <p>R17. about knowing there are situations when they should ask for permission and also when their permission should be sought</p> <p>R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)</p>	<p><u>Families and close positive relationships –Who is Special to Me? +We are all Special</u></p> <p>R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives</p> <p>R2. to identify the people who love and care for them and what they do to help them feel cared for</p> <p>R3. about different types of families including those that may be different to their own</p> <p>R4. to identify common features of family life</p> <p><u>Friendships – Fabulous Friends!</u></p> <p>R6. about how people make friends and what makes a good friendship</p> <p>R7. about how to recognise when they or someone else feels lonely and what to do</p> <p><u>Safe Relationships – cover in E Safety topic</u></p> <p>R14. that sometimes people may behave differently online, including by pretending to be someone they are not</p> <p><u>Respecting self and others – Actions Speak Louder than Words</u></p> <p>R21. about what is kind and unkind behaviour, and how this can affect others</p> <p>R22. about how to treat themselves and others with respect; how to be polite and courteous</p> <p>R23. to recognise the ways in which they are the same and different to others</p>	<p><u>Families and close positive relationships – 7 themes over 2 years</u></p> <p>R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried</p> <p><u>Friendships –The 3 F's – FORGIVE, FORGET, FRESH START</u></p> <p>R8. simple strategies to resolve arguments between friends positively</p> <p>R9. how to ask for help if a friendship is making them feel unhappy</p> <p><u>Safe Relationships</u></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><u>Respecting self and others – It's Good to Talk (and Listen...)</u></p> <p>R24. how to listen to other people and play and work cooperatively</p> <p>R25. how to talk about and share their opinions on things that matter to them</p>
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<p>CORE THEME 3:</p> <p>Living in the Wider World</p>	<p><u>KS 1 Learning Opportunities in Living in the Wider World. Pupils learn:</u></p> <p><u>Shared responsibilities - Class Charter</u></p> <p>L1. about what rules are, why they are needed, and why different rules are needed for different situations</p> <p><u>Economic wellbeing: Money - All I want for Christmas...!</u></p> <p>L10. what money is; forms that money comes in; that money comes from different sources</p> <p>L11. that people make different choices about how to save and spend more L12. about the difference between needs and wants; that sometimes people may not always be able to have the things they want</p>	<p><u>Shared responsibilities - School Pets</u></p> <p>L2. how people and other living things have different needs; about the responsibilities of caring for them</p> <p><u>Media literacy and digital resilience - Link to E Safety Topic</u></p> <p>L7. about how the internet and digital devices can be used safely to find things out and to communicate with others</p> <p>L8. about the role of the internet in everyday life</p> <p>L9. that not all information seen online is true</p> <p><u>Economic wellbeing: Aspirations work and career - bring your 'parent' to school week (different jobs)</u></p> <p>L14. that everyone has different strengths</p> <p>L15. that jobs help people to earn money to pay for things</p> <p>L16. different jobs that people they know or people who work in the community do</p> <p>L17. about some of the strengths and interests someone might need to do different jobs</p>	<p><u>Shared responsibilities - Planet Earth</u></p> <p>L3. about things they can do to help look after their environment</p> <p><u>Communities - Wonderful Whittingham and the world beyond it!</u></p> <p>L4. about the different groups they belong to</p> <p>L5. about the different roles and responsibilities people have in their community</p> <p>L6. to recognise the ways they are the same as, and different to, other people</p> <p><u>Economic wellbeing: Money - Beat the Banker!</u></p> <p>L13. that money needs to be looked after; different ways of doing this (Natwest Money Sense resources)</p>

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