

## Eastbury Primary School: PSHE medium term plan Year 1 (2024-2026)

<b>SUBJECT: PSHE</b>						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p><b>Topic Title:</b> Being me in my world</p> <p>Article 2 Article 8 Article 12</p> <p><b>Objectives:</b></p> <p>Know the rules on the class charter. Know what it feels like to be rewarded. Know what the consequences are for not following the charter.</p> <p><b>Key skills:</b></p> <p>Understanding rules and consequences. Make good choices to help others learn. Know how to help others learn.</p> <p><b>Key vocabulary:</b></p> <p>Class charter, rewards, consequences, special, safe,</p>	<p><b>Topic Title:</b> Celebrating differences</p> <p>Article 2 Article 8 Article 12 Article 22 Article 25</p> <p><b>Objectives:</b></p> <p>Know things that are the same different between me and my class mates. Discuss what bullying is and how to stop it. Know how to make new friends</p> <p><b>Key skills:</b></p> <p>Identifying bullying. Know how to stop bullying. Know how to make new friends. Know how I am unique and special.</p> <p><b>Key vocabulary:</b></p>	<p><b>Topic Title:</b> Dreams and Goals</p> <p>Article 2 Article 8 Article 12 Article 22 Article 25</p> <p><b>Objectives</b></p> <p>Know successes should be treasured. Know how to set goals. Know how to achieve goals. Know how to have joint goal. Know how to plan steps to achieve a goal.</p> <p><b>Key skills:</b></p> <p>goal setting. How to break down a task. Know how to celebrate achievements.</p> <p><b>Key vocabulary:</b></p>	<p><b>Topic Title:</b> Healthy me</p> <p>Article 24</p> <p><b>Objectives</b></p> <p>Know the difference between healthy and unhealthy choices. Know the dangers of germs and illnesses. Know dangerous household objects. Know how medicines help you. Know the dangers of the road</p> <p><b>Key Skills:</b></p> <p>Know skills to make healthy choices. To know how to wash my hands and body. To identify dangerous household objects. Know the steps before crossing the road</p> <p><b>Key vocabulary:</b></p>	<p><b>Topic Title:</b> Relationships</p> <p>Article 15 Article 16 Article 21 Article 22 Article 25</p> <p><b>Key knowledge:</b></p> <p>To know that you belong to a family and that there are different types. To know how to make friends and ways of greeting people. To know who to ask help from. To recognise good qualities of a person.</p> <p><b>Key Skills:</b></p> <p>To tolerate others and their different families. To know which greeting would be most appropriate to certain individuals.</p>	<p><b>Topic Title:</b> Changing me</p> <p>Article 19 Article 31</p> <p><b>Key knowledge:</b></p> <p>To know lifecycle of animals and humans. To know the difference between me and my peers, know the differences between boys and girls.</p> <p><b>Key Skills:</b></p> <p>To understand the changes that I'm going through and to stay calm about this.</p> <p><b>Key vocabulary:</b></p> <p>Vagina, penis. Stereotypes, baby, toddler, child, teenage, adult, elderly.</p>

rights, responsibilities, proud disappointed	same, different, similar, bullying, friend, friendships, special, unique, unfair, courage, deliberate, continuous	Dreams, goal, success, achieve, proud, process, hard work	Healthy, unhealthy, fats, carbohydrates, protein, fruit and vegetables, balanced diet, soap, water, shower, bath, bleach, pills, cream	To praise myself and others  <b>Key vocabulary:</b> Mum, dad, brother, sister, step- dad, step mum etc. , qualities, greetings, handshake, hug, kiss	
<p><b>Lesson 1:</b> Special and Safe</p> <p><b>PSHE Learning intention:</b> To understand how to feel safe a special in the class</p> <p><b>Activity:</b> Draw a picture of when you feel safe and special</p> <p><b>Key Vocabulary:</b> Safe Special Calm</p>	<p><b>Lesson 1:</b> The same as...</p> <p><b>PSHE Learning Intention:</b> I can identify similarities between people in my class</p> <p><b>Activity:</b> Create a T-Shirt for a gingerbread person that has 3 things that are same between them and their partner</p> <p><b>Key Vocabulary:</b> Similarity/similar Same as</p>	<p><b>Lesson 1:</b> My Treasure Chest of Success</p> <p><b>PSHE Learning Intention:</b> I can set simple goals</p> <p><b>Activity:</b> Children decorate treasure chest that will store their successes</p> <p><b>Key Vocabulary:</b> Proud Success Achievement Goal Treasure Coins</p>	<p><b>Lesson 1:</b> Being Healthy</p> <p><b>PSHE Learning Intention:</b> I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.</p> <p><b>Activity</b> Discuss healthy choices and create a healthy balance sum.</p> <p><b>Key Vocabulary:</b> Healthy Unhealthy Balanced</p>	<p><b>Lesson 1:</b> Families</p> <p><b>PSHE Learning Intention:</b> I can identify the members of my family and understand that there are lots of different types of families</p> <p><b>Activity:</b> Introduce different types of families. Children to draw and label their own family</p> <p><b>Key Vocabulary:</b> Family Belong Different Same</p>	<p><b>Lesson 1:</b> Life cycles</p> <p><b>PSHE Learning Intention:</b> I am starting to understand the life cycles of animals and humans.</p> <p><b>Activity:</b> Children to arrange life cycle cards</p> <p><b>Key Vocabulary:</b> Changes Life cycle Baby Adulthood</p>

				<i>Exercise</i> <i>Sleep</i>		
<p><b>Lesson 2:</b> My Class</p> <p><b>PSHE Learning Intention:</b> I understand the rights and responsibilities as a member of my class</p> <p><b>Activity:</b> Draw a picture of when you learn well with your friends</p> <p><b>Key Vocabulary:</b> <i>Belonging</i> <i>Special</i> <i>Rights</i> <i>Responsibilities</i></p>	<p><b>Lesson 2:</b> Different from...</p> <p><b>PSHE Learning Intention:</b> I can identify differences between people in my class</p> <p><b>Activity:</b> Create a pair of shorts for a gingerbread person that has 3 things that are different between them and their partner</p> <p><b>Key Vocabulary:</b> <i>Different from</i> <i>Difference</i> <i>Similarity</i></p>	<p><b>Lesson 2:</b> Steps to Goals</p> <p><b>PSHE Learning Intention:</b> I can set a goal and work out how to achieve it</p> <p><b>Activity:</b> Make a goal of making a jam sandwich and go through steps of how to do this.</p> <p><b>Key Vocabulary:</b> <i>Goal</i> <i>Learning</i> <i>Stepping stones</i> <i>Process</i> <i>Garden</i> <i>Dreams</i></p>	<p><b>Lesson 2:</b> Healthy Choices</p> <p><b>PSHE Learning Intention:</b> I know how to make healthy lifestyle choices</p> <p><b>Activity:</b> Draw/ write healthy choices around a picture of a child.</p> <p><b>Key Vocabulary:</b> <i>Healthy</i> <i>Unhealthy</i> <i>Balanced</i> <i>Exercise</i> <i>Sleep</i> <i>Choices</i></p>	<p><b>Lesson 2:</b> Making Friends</p> <p><b>PSHE Learning Intention:</b> I can identify what being a good friend means to me</p> <p><b>Activity:</b> Sorting qualities of a good friend into true and false</p> <p><b>Key Vocabulary:</b> <i>Friends</i> <i>Friendship</i> <i>Qualities</i> <i>Caring</i> <i>Sharing</i> <i>Kind</i></p>	<p><b>Lesson 2:</b> Changing Me</p> <p><b>PSHE Learning Intention:</b> To understand some basic hygiene principles.</p> <p><b>Activity:</b> Use objects to explain the daily routine of a child and to be hygienic</p> <p><b>Key Vocabulary:</b> <i>Washing</i> <i>Soap</i> <i>Shower</i> <i>Hair brush</i> <i>Tooth brush</i></p>	
<p><b>Lesson 3:</b> Rights and Responsibilities</p> <p><b>PSHE Learning Intention:</b></p>	<p><b>Lesson 3:</b> What is 'bullying'?</p> <p><b>PSHE Learning Intention:</b></p>	<p><b>Lesson 3:</b> Achieving Together</p>	<p><b>Lesson 3:</b> Clean and Healthy</p>	<p><b>Lesson 3:</b> Greetings</p>	<p><b>Lesson 3:</b> My Changing Body</p>	

<p>I understand the rights and responsibilities for being a member of my class</p> <p><b>Activity:</b> Name a rule for our class.</p> <p><b>Key Vocabulary:</b> <i>Rights</i> <i>Responsibilities</i> <i>Learning Charter</i></p>	<p>I can tell you what bullying is</p> <p><b>Activity:</b> Create a hat with an anti-bullying slogan for their gingerbread man</p> <p><b>Key Vocabulary:</b> <i>Bullying</i> <i>Bullying behaviour</i> <i>Courage</i> <i>Deliberate</i> <i>On purpose</i> <i>Unfair</i></p>	<p><b>PSHE Learning Intention:</b> I understand how to work well with a partner</p> <p><b>Activity:</b> In partners, children are set the goal of designing a welly, illustrating their shared goal. The pair needs to agree how to design the welly and how they go about this task</p> <p><b>Key Vocabulary:</b> <i>Working together</i> <i>Team work</i> <i>Achievement</i> <i>Celebrate</i></p>	<p><b>PSHE Learning Intention:</b> I know how to keep myself clean and healthy and understand how germs cause disease/illness. I know that all household products including medicines can be harmful if not used properly.</p> <p><b>Activity:</b> Sort household items into safe and unsafe piles.</p> <p><b>Key Vocabulary:</b> <i>Healthy</i> <i>Clean</i> <i>Body parts</i> <i>Toiletry items, e.g. toothbrush, shampoo, soap</i> <i>Hygienic</i> <i>Safe</i> <i>Germs</i> <i>Virus</i></p>	<p><b>PSHE Learning Intention:</b> I know appropriate ways of physical contact to greet my friends and know which ways I prefer.</p> <p><b>Activity:</b> Teacher to roleplay different ways of greeting people. Discuss appropriateness for different types of relationships</p> <p><b>Key Vocabulary:</b> <i>Greeting</i> <i>Touch</i> <i>Feel</i> <i>Texture</i> <i>Like</i> <i>Dislike</i></p>	<p><b>PSHE Learning Intention:</b> To introduce concept of growing and changing.</p> <p><b>Activity:</b> Discuss how we know the babies are boys or girls and the life cycle of a human</p> <p><b>Key Vocabulary:</b> <i>Male</i> <i>Female</i> <i>Penis</i> <i>Vagina</i></p>
<p><b>Lesson 4:</b> Rewards and Feeling Proud</p> <p><b>PSHE Learning Intention:</b></p>	<p><b>Lesson 4:</b> What do I do about bullying?</p>	<p><b>Lesson 4:</b> Stretchy Learning</p>	<p><b>Lesson 4:</b> Medicine Safety</p>	<p><b>Lesson 4:</b> People Who Help Us</p>	<p><b>Lesson 4:</b> Learning and Growing</p>

<p><i>I know my views are valued and can contribute to the Learning Charter</i></p> <p><b>Activity:</b> <i>Children are given I am proud of you tickets and discuss feelings.</i></p> <p><b>Key Vocabulary:</b> <i>Rights and Responsibilities Learning Charter Rewards Proud</i></p>	<p><b>PSHE Learning Intention:</b> <i>I know some people who I could talk to if I was feeling unhappy or being bullied</i></p> <p><b>Activity:</b> <i>On the shoes template, children write or draw the top two things a person could do if they were being bullied. They can put on their gingerbread man</i></p> <p><b>Key Vocabulary:</b> <i>Included Bully Bullied</i></p>	<p><b>PSHE Learning Intention:</b> <i>I can tackle a new challenge and understand this might stretch my learning</i></p> <p><b>Activity:</b> <i>Set the children the new challenge of making their own stretchy flower.</i></p> <p><b>Key Vocabulary:</b> <i>Learning Stretchy Challenge Feelings</i></p>	<p><b>PSHE Learning Intention:</b> <i>I understand that medicines can help me if I feel poorly and I know how to use them safely.</i></p> <p><b>Activity:</b> <i>Sort pictures into ‘always healthy/safe’ pile, the ‘never healthy/ safe’ pile or the ‘OK sometimes’ pile.</i></p> <p><b>Key Vocabulary:</b> <i>Medicines Healthy Unhealthy Trust Safe</i></p>	<p><b>PSHE Learning Intention:</b> <i>I know who can help me in my school community.</i></p> <p><b>Activity:</b> <i>Using scenario cards children work out who is the best to help them in the school community.</i></p> <p><b>Key Vocabulary:</b> <i>Help Helpful Community Feelings</i></p>	<p><b>PSHE Learning Intention:</b> <i>I understand that every time I learn something new I change a little bit.</i></p> <p><b>Activity:</b> <i>Give each of the children a flower template. In each of the petals the children draw something they have learnt that has helped them to grow.</i></p> <p><b>Key Vocabulary:</b> <i>Learn New Grow Change</i></p>
<p><b>Lesson 5:</b> <i>Consequences</i></p> <p><b>PSHE Learning Intention:</b> <i>I can recognise the choices I make and understand the consequences</i></p> <p><b>Activity:</b></p>	<p><b>Lesson 5:</b> <i>Making new friends</i></p> <p><b>PSHE Learning Intention:</b> <i>I know how to make new friends</i></p> <p><b>Activity:</b></p>	<p><b>Lesson 5:</b> <i>Overcoming Obstacles</i></p> <p><b>PSHE Learning Intention:</b> <i>I can tell you about obstacles which make it more difficult to achieve my new challenge and</i></p>	<p><b>Lesson 5:</b> <i>Road Safety</i></p> <p><b>PSHE Learning Intention:</b> <i>I know how to keep safe when crossing the road,</i></p>	<p><b>Lesson 5:</b> <i>Being My Own Best Friend</i></p> <p><b>PSHE Learning Intention:</b></p>	<p><b>Lesson 5:</b> <i>Coping with Changes</i></p> <p><b>PSHE Learning Intention:</b></p>

<p>Discuss consequences of what happens if a rule isn't followed</p> <p><b>Key Vocabulary:</b> Rights and responsibilities Learning Charter Consequences Upset Disappointed</p>	<p>On a friendship token write one thing they could offer a new friend.</p> <p><b>Key Vocabulary:</b> <i>Different from</i> <i>Same as</i> <i>Included</i></p>	<p>have ideas to overcome them</p> <p><b>Activity:</b> Using the stepping stones idea, like you used in Piece (lesson) 2, put blank pieces of paper across the circle that represent the steps of Pauli's journey. Key</p> <p><b>Vocabulary:</b> <i>Challenge</i> <i>Obstacle</i> <i>Overcome</i> <i>Achieve</i> <i>Goal</i> <i>Stepping stones</i></p>	<p>and about people who can help me to stay safe</p> <p><b>Activity:</b> Children practise crossing the road (inside or out) using the crossing the road instructions.</p> <p><b>Key Vocabulary:</b> <i>Safe</i> <i>Safety</i> <i>Green Cross Code</i> <i>Eyes</i> <i>Ears</i> <i>Look</i> <i>Listen</i> <i>Wait</i></p>	<p>I can recognise my qualities as a person and a friend</p> <p><b>Activity:</b> Give each child a picture frame template and invite them to draw a picture entitled 'The Incredible Me'. Underneath it ask them to complete the sentence 'I am incredible because...'</p> <p><b>Key Vocabulary:</b> <i>Confidence</i> <i>Praise</i> <i>Qualities</i> <i>Skills</i> <i>Self-belief</i> <i>Incredible</i> <i>Proud</i></p>	<p>I can tell you about changes that have happened in my life</p> <p><b>Activity:</b> Assessment activity</p> <p><b>Key Vocabulary:</b> <i>Change</i> <i>Feelings</i> <i>Anxious</i> <i>Worried</i> <i>Excited</i> <i>Coping</i></p>
<p><b>Lesson 6:</b>  Owning our Learning Charter</p>	<p><b>Lesson 6:</b> Celebrating difference; celebrating me</p> <p><b>PSHE Learning Intention:</b> I can tell you some ways I am different from my friends</p> <p>Activity:</p>	<p><b>Lesson 6:</b> Celebrating My Success</p> <p><b>PSHE Learning Intention:</b> I can tell you how I felt when I succeeded in a</p>	<p><b>Lesson 6:</b>  Happy, Healthy, Me</p> <p><b>PSHE Learning Intention:</b> To tell you why I think my body is</p>	<p><b>Lesson 6:</b>  Celebrating My Special Relationships</p> <p><b>PSHE Learning Intention:</b></p>	<p><b>Lesson 6:</b>  Coping with Changes</p> <p><b>PSHE Learning Intention:</b></p>

<p><b>PSHE Learning Intention:</b></p> <p><i>I understand my rights and responsibilities within our Learning Charter</i></p> <p><b>Activity:</b></p> <p><i>Draw a picture of What following the rules looks like.</i></p> <p><b>Key Vocabulary:</b></p> <p><i>Rights</i> <i>Responsibilities</i> <i>Learning Charter</i> <i>Illustration</i> <i>Rewards</i> <i>Consequences</i></p>	<p>Ask the children to complete the Celebrating Me label. On one side of the label the children write/draw what makes them special and unique.</p> <p><b>Key Vocabulary:</b></p> <p><i>Celebration</i> <i>Difference</i> <i>Inclusive</i> <i>Special</i> <i>Unique</i></p>	<p><i>new challenge and how I celebrated it</i></p> <p><b>Activity:</b></p> <p><i>Using the treasure chest template, the children record by drawing or writing their responses to the stem sentences in each box.</i></p> <p><b>Key Vocabulary:</b></p> <p><i>Success</i> <i>Celebration</i> <i>Challenge</i> <i>Internal treasure chest</i> <i>Feelings</i> <i>Goals</i> <i>Dreams</i> <i>Garden</i></p>	<p><i>amazing and can identify some ways to keep it safe and healthy</i></p> <p><b>Activity:</b></p> <p><i>Assessment activity</i></p> <p><b>Key Vocabulary:</b></p> <p><i>Keeping clean</i> <i>Healthy</i></p>	<p><i>I can tell you why I appreciate someone who is special to me.</i></p> <p><b>Activity:</b></p> <p><i>Complete assessment activity</i></p> <p><b>Key Vocabulary:</b></p> <p><i>Celebrate</i> <i>Relationships</i> <i>Special</i> <i>Appreciate</i> <i>Feelings</i></p>	<p><i>I can tell you about changes that have happened in my life</i></p> <p><b>Key Vocabulary:</b></p> <p><i>Change</i> <i>Feelings</i> <i>Anxious</i> <i>Worried</i> <i>Excited</i> <i>Coping</i></p>
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