

St Eanswythe's C of E Primary School



Year One ~ PSHE

Medium Term Plan/Topic Breakdowns

This is a breakdown of suggested teaching points within our main curriculum umbrella.

(Highlighted points must be taught in order to hit statutory requirements)

As long as you are using the main term's theme, you may pick and choose what you would like to teach within it. This can be done through circle times, drama, class discussion or written work.

<p><u>Term One: <i>Being Me</i></u></p> <p><u>All About Me:</u></p> <ul style="list-style-type: none"> • To talk about my likes and dislikes. • What makes me, me? • I am special because... • To recognise similarities and difference between others and myself. 	<p><u>Term Two: <i>Relationships and Family</i></u></p> <p><u>My Family:</u></p> <ul style="list-style-type: none"> • Who is in my family? Immediate/ Extended family. • Family trees (including extended family) 	<p><u>Term Three: <i>Celebrating Differences</i></u></p> <p><u>Physical Differences:</u></p> <ul style="list-style-type: none"> • How am I different from my friends • We are all special 	<p><u>Term Four: <i>Healthy Me</i></u></p> <p><u>Healthy and Unhealthy Choices:</u></p> <ul style="list-style-type: none"> • Understanding what healthy/unhealthy foods are • How does certain food affect our bodies • Keeping fit. 	<p><u>Term Five: <i>Citizenship and Economic well-being</i></u></p> <p><u>Different Jobs and Careers:</u></p> <ul style="list-style-type: none"> • What do I want to do when I grow up • Exploring Different jobs and 	<p><u>Term Six: <i>Changing Me</i></u></p> <p><u>Lifecycles Humans and animals</u></p> <ul style="list-style-type: none"> • I can understand phases of growth e.g. animals and humans. • Exploring the human
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<p><u>Understanding right from wrong:</u></p> <ul style="list-style-type: none"> • What rules do we have around us? • Why do we have rules? • Making the right choice <p>Let's Talk: NSPCC PANTS rule:</p> <ul style="list-style-type: none"> • See online NSPCC for guidance/teaching 	<ul style="list-style-type: none"> • How does my family keep me safe? <p><u>Different Families:</u></p> <ul style="list-style-type: none"> • Exploring different types of families e.g. single parent families. • How are families different around the world? • Family Celebrations <p><u>Friendships:</u></p> <ul style="list-style-type: none"> • What makes a good friend? • Kind Hands • Choose Kind! 	<p><u>Likes and dislikes:</u></p> <ul style="list-style-type: none"> • Comparing and exploring different likes and dislikes of others. • Learning tolerance of others choices and opinions through listening skills <p><u>The same and different.</u></p> <ul style="list-style-type: none"> • Difference in humans e.g. hair colour, skin colour. • Same in humans e.g. all having eyes, ears • Being different makes us special 	<p><u>Road Safety:</u></p> <ul style="list-style-type: none"> • Rules of the road? • “King of The Road” Road Safety videos for children. • THINK! Online materials. <p><u>Dental Hygiene:</u></p> <ul style="list-style-type: none"> • Why do we have to go to the dentist • How can we keep our teeth healthy • Dental hygiene routines <p><u>Staying Safe Online:</u></p> <ul style="list-style-type: none"> • Suitable Websites for age-appropriate play • SMART Approach 	<p>roles in the community</p> <p><u>Rules in families</u></p> <ul style="list-style-type: none"> • Why do we need rules in our family home • What would happen if we didn't have rules in our homes • Rules that keep us safe. <p><u>Caring for Others e.g. animals, people</u></p> <ul style="list-style-type: none"> • How do we show care? • Showing care for people • Showing care for animals • Who teaches us to care for others? 	<p>growth cycle</p> <p><u>Transition and changes in relation to moving up a class.</u></p> <ul style="list-style-type: none"> • What have I learnt this year? • What have I got better at? • What do I want to learn in my next class. • How do I feel about my next class? • Why do we need to move on?
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