

Whitefield Infant School

PSHE KS1 Education Programme of Study (coverage)

CORE THEME 1: HEALTH AND WELLBEING

This core theme focuses on:

1. what is meant by a healthy lifestyle
2. how to maintain physical, mental and emotional health and wellbeing
3. how to manage risks to physical and emotional health and wellbeing
4. ways of keeping physically and emotionally safe
5. about managing change, including puberty, transition and loss
6. how to make informed choices about health and wellbeing and to recognise sources of help with this
7. how to respond in an emergency
8. to identify different influences on health and wellbeing

Pupils should have the opportunity to learn: Healthy lifestyles (physical wellbeing)

Autumn	
Spring	
Summer	

Learning Opportunities	Year 1	Year 2
Healthy Lifestyles (Physical Wellbeing)		
H1. about what keeping healthy means; different ways to keep healthy		
H2. about foods that support good health and the risks of eating too much sugar		
H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday	Ongoing	
H4. about why sleep is important and different ways to rest and relax	Ongoing	
H5. simple hygiene routines that can stop germs from spreading	Ongoing	
H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy		
H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health	Colgate project	
H8. how to keep safe in the sun and protect skin from sun damage	Covered at relevant times of the year	
H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV	Online safety	
H10. about the people who help us to stay physically healthy	Ongoing through PE/ dinners	
Mental health		
H11. about different feelings that humans can experience	Ongoing	
H12. how to recognise and name different feelings	Ongoing	
H13. how feelings can affect people's bodies and how they behave	Ongoing	
H14. how to recognise what others might be feeling	Ongoing	

H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things	Ongoing	
H16. about ways of sharing feelings; a range of words to describe feelings		
H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)	Ongoing	
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	Ongoing	
H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it	Ongoing	
H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better	Ongoing/ as and when	
Ourselves, growing and changing		
H21. to recognise what makes them special		
H22. to recognise the ways in which we are all unique		
H23. to identify what they are good at, what they like and dislike	Superstars Summer term	
H24. how to manage when finding things difficult	Bv assemblies	
H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)		
H26. about growing and changing from young to old and how people's needs change		
H27. about preparing to move to a new class/year group		
Keeping safe		
H28. about rules and age restrictions that keep us safe	Online safety class rules	
H29. to recognise risk in simple everyday situations and what action to take to minimise harm	School rules Collective worship	
H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)		
H31. that household products (including medicines) can be harmful if not used correctly		
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	Educational visits	
safety		
H33. about the people whose job it is to help keep us safe	rec	Visit from fire brigade
H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them	Online safety	Ongoing
H35. about what to do if there is an accident and someone is hurt		
H36. how to get help in an emergency (how to dial 999 and what to say)		
Drugs, alcohol and tobacco		
H37. about things that people can put into their body or on their skin; how these can affect how people feel	Covered in KS1 assemblies and class follow-up	

CORE THEME 2: RELATIONSHIPS

This core theme focuses on:

1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts
2. how to recognise and manage emotions within a range of relationships
3. how to recognise risky or negative relationships including all forms of bullying and abuse
4. how to respond to risky or negative relationships and ask for help
5. how to respect equality and diversity in relationships

Pupils should have the opportunity to learn: Families and close positive relationships

Learning Opportunities	Year 1	Year 2
Families and close positive relationships		
R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives		
R2. to identify the people who love and care for them and what they do to help them feel cared for		
R3. about different types of families including those that may be different to their own	RE	
R4. to identify common features of family life	RE	
R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried.	Cw	
Friendships		
R6. about how people make friends and what makes a good friendship		
R7. about how to recognise when they or someone else feels lonely and what to do	Ongoing	Lonely Beast
R8. simple strategies to resolve arguments between friends positively	Cw/ Ongoing	
R9. how to ask for help if a friendship is making them feel unhappy	CW/Ongoing	
Managing hurtful behaviour and bullying		
R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online.	Online safety	
R11. about how people may feel if they experience hurtful behaviour or bullying	Anti bullying week	
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	e-safety half termly	
Safe Relationships- find videos and stories to support		My wolfs pancakes
R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private	Linked to text and assembly - follow up class work	
R14. that sometimes people may behave differently online, including by pretending to be someone they are not	Online e-safety	
R15. how to respond safely to adults they don't know	Ongoing Linked to building bridges project	

R16. about how to respond if physical contact makes them feel uncomfortable or unsafe	Ongoing 'kind hands'	
R17. about knowing there are situations when they should ask for permission and also when their permission should be sought	Daily classroom practice - following class rules e-safety half termly	
R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)		CW - addressed via text - Mr Wolf and the three bears
R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe		Ongoing - class discussion/ incidental learning. Addressed in science topic - being safe/unsafe
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		Link to text - Evil Weasel
Respecting Self and others		
R21. about what is kind and unkind behaviour, and how this can affect others	Ongoing	Mr wolf Pe School rules Forest schools
R22. about how to treat themselves and others with respect; how to be polite and courteous	Ongoing	Ongoing
R23. to recognise the ways in which they are the same and different to others		
R24. how to listen to other people and play and work cooperatively	Ongoing	
R25. how to talk about and share their opinions on things that matter to them	English skills Participating in discussion - ongoing	

CORE THEME 3: LIVING IN THE WIDER WORLD (ECONOMIC WELLBEING AND BEING A RESPONSIBLE CITIZEN)

This core theme focuses on:

1. about respect for self and others and the importance of responsible behaviours and actions
2. about rights and responsibilities as members of families, other groups and ultimately as citizens
3. about different groups and communities
4. to respect diversity and equality and how to be a productive member of a diverse community
5. about the importance of respecting and protecting the environment
6. about where money comes from, keeping it safe and the importance of managing it effectively
7. the part that money plays in people's lives
8. a basic understanding of enterprise

Pupils should have the opportunity to learn:

Learning Opportunities	Year 1	Year 2
Shared Responsibilities		
L1. about what rules are, why they are needed, and why different rules are needed for different situations		
L2. how people and other living things have different needs; about the responsibilities of caring for them		
L3. about things they can do to help look after their environment		
Communities		
L4. about the different groups they belong to		Building bridges
L5. about the different roles and responsibilities people have in their community	Collective worship	
L6. to recognise the ways they are the same as, and different to, other people		
Media Literacy and digital resilience		
L7. About how the internet and digital devices can be used safely to find things out and to communicate with other.	E-safety half termly	Online safety
L8. About the role of the internet in everyday life.	E-safety half termly	
L9. That not all information seen online is true.	E-safety half termly	
Economic well-being (Money):		
L10. what money is; forms that money comes in; that money comes from different sources	Charity events	Charity collections Evil weasel
L11. that people make different choices about how to save and spend money		Maths

L12. about the difference between needs and wants; that sometimes people may not always be able to have the things they want		Link to text Manfred the baddie
L13. that money needs to be looked after; different ways of doing this		
Economic wellbeing: Aspirations, work and career		
L14. that everyone has different strengths	Ongoing	Team work Pe Forest school Drama
L15. that jobs help people to earn money to pay for things	CW	
L16. different jobs that people they know or people who work in the community do	Collective worship	Cw Educational visits V Building bridges
L17. about some of the strengths and interests someone might need to do different jobs		