

## Key Stage 1 PSHE Curriculum Map

	Autumn Term - Living in the Wider World	Spring Term - Relationships	Summer Term - Health and Wellbeing
<p>Week 1</p> <p>10 a Day focus: Talk about your feelings</p>	<p>L2. to help construct, and agree to follow, group, class and school rules and to understand how these rules help them</p> <p>L4. that they belong to different groups and communities such as family and school</p> <p><b>We Eat Elephants: Meet the Children</b></p>	<p>R1. to communicate their feelings to others, to recognise how others show feelings and how to respond</p> <p>R2. to recognise that their behaviour can affect other people</p> <p><b>We Eat Elephants: Meet the Children - revisit and revise what you remember about the children.</b></p>	<p>H1. what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health</p> <p>H6. the importance of, and how to, maintain personal hygiene</p> <p><b>We Eat Elephants: Meet the Children - revisit and revise what you remember about the children.</b></p>
<p>Week 2</p> <p>10 a Day focus: Do something you enjoy and are good at</p>	<p>L1. how they can contribute to the life of the classroom and school. to recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences</p> <p><b>We Eat Elephants: Adam has a bad haircut</b></p>	<p>R4. to recognise what is fair and unfair, kind and unkind, what is right and wrong</p> <p>R6. to listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation)</p> <p><b>We Eat Elephants: Beth it's not fair</b></p>	<p>H2. to recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences</p> <p><b>We Eat Elephants: Deepak has to read out loud</b></p>
<p>Week 3</p> <p>10 a Day focus: Keep yourself hydrated</p>	<p>L3. that people and other living things have rights and that everyone has responsibilities to protect those rights (including protecting others' bodies and feelings; being able to take turns, share and understand the need to return things that have been borrowed)</p> <p><b>We Eat Elephants: Adam has a bad haircut</b></p>	<p>R5. to share their opinions on things that matter to them and explain their views through discussions with one other person and the whole class</p> <p>R7. to offer constructive support and feedback to others</p> <p><b>We Eat Elephants: Beth it's not fair</b></p>	<p>H3. to think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals</p> <p><b>We Eat Elephants: Deepak has to read out loud</b></p>
<p>Week 4</p> <p>10 a Day focus: Eat well</p>	<p>L8. ways in which they are all unique; understand that there has never been and will never be another 'them'</p> <p><b>We Eat Elephants: Adam needs to hurry up</b></p>	<p>R8. to identify and respect the differences and similarities between people</p> <p>R9. to identify their special people (family, friends, carers), what makes them special and how special people should care for one another</p>	<p>H4. about good and not so good feelings, a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings</p> <p><b>We Eat Elephants: Deepak I'll do it later</b></p>

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		<b>We Eat Elephants: Beth school play</b>	
<p>Week 5</p> <p><b>10 a Day focus:</b> Keep active in body and mind</p>	<p>L9. ways in which we are the same as all other people; what we have in common with everyone else</p> <p><b>We Eat Elephants: Adam needs to hurry up</b></p>	<p>R10. to judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them)</p> <p><b>We Eat Elephants: Beth school play</b></p>	<p>H5. about change and loss and the associated feelings (including moving home, losing toys, pets or friends)</p> <p><b>We Eat Elephants: Deepak I'll do it later</b></p>
<p>Week 6</p> <p><b>10 a Day focus:</b> Take a break</p>	<p>L5. what improves and harms their local, natural and built environments and develop strategies and skills needed to care for these (including conserving energy)</p> <p><b>We Eat Elephants: Adam new boy</b></p>	<p>R12. to recognise when people are being unkind either to them or others, how to respond, who to tell and what to say R13. to recognise different types of teasing and bullying, to understand that these are wrong and unacceptable</p> <p><b>We Eat Elephants: Chloe can't sleep</b></p>	<p>H7. how some diseases are spread and can be controlled; the responsibilities they have for their own health and that of others; to develop simple skills to help prevent diseases spreading</p> <p><b>We Eat Elephants: Deepak is invited to a swimming party</b></p>
<p>Week 7</p> <p><b>10 a Day focus:</b> Stay connected to those you care about</p>	<p>L10. about the 'special people' who work in their community and who are responsible for looking after them and protecting them; how people contact those special people when they need their help, including dialling 999 in an emergency.</p> <p><b>We Eat Elephants: Adam new boy</b></p>	<p>R14. strategies to resist teasing or bullying, if they experience or witness it, whom to go to and how to get help</p> <p><b>We Eat Elephants: Chloe is can't sleep</b></p>	<p>H11. that household products, including medicines, can be harmful if not used properly</p> <p><b>We Eat Elephants: Deepak is invited to a swimming party</b></p>
<p>Week 8</p> <p><b>10 a Day focus:</b> Ask for help</p>	<p>L6. that money comes from different sources and can be used for different purposes, including the concepts of spending and saving</p> <p><b>We Eat Elephants: Beth gets lost</b></p>	<p>R11. that people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable)</p> <p><b>We Eat Elephants: Chloe is being bullied</b></p>	<p>H12. rules for and ways of keeping physically and emotionally safe including responsible ICT use and online safety, road safety, cycle safety and safety in the environment, rail, water and fire safety</p> <p><b>We Eat Elephants: Create own scenario</b></p>
<p>Week 9</p> <p><b>10 a Day focus:</b> Be proud of your very being</p>	<p>L7. about the role money plays in their lives including how to keep it safe, choices about spending or saving money and what influences those choices</p> <p><b>We Eat Elephants: Beth gets lost</b></p>	<p>R3. the difference between secrets and nice surprises (that everyone will find out about eventually) and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid</p>	<p>H13. about people who look after them, their family networks, who to go to if they are worried and how to attract their attention</p> <p><b>We Eat Elephants: Create own scenario</b></p>

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		We Eat Elephants: Chloe told a lie	
<p>Week 10 plus  <span style="background-color: green; color: black;">10 a Day focus</span>  <span style="background-color: green; color: black;">Actively care</span>  <span style="background-color: green; color: black;">for others</span></p>	Review Week	Review Week	<p>H8. about the process of growing from young to old and how people's needs change  H9. about growing and changing and new opportunities and responsibilities that increasing independence may bring  H10. the names for the main parts of the body (including external genitalia) and the bodily similarities and differences between boys and girls  H15. to recognise that they share a responsibility for keeping themselves and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell' including knowing that they do not need to keep secrets  H16. what is meant by 'privacy'; their right to keep things 'private'; the importance of respecting others' privacy</p> <p>IN CONJUNCTION WITH SRE PROGRAMME</p>