


ALDER COPPICE PRIMARY SCHOOL UNIT INFORMATION

SUBJECT: PSHE 	YEAR 1	SPRING TERM UNIT 3: 3a EHW – Target setting 3b R – Good friends 3c E/PHW – Internet safety	UNIT 4: 4a R – Special people 4b LWW – Community 4c PHW – Healthy us: body
Knowledge Focus	Core Theme 1: Health and Wellbeing (Emotional Health & Wellbeing Physical Health & Wellbeing)	Core Theme 2: Relationships	Core Theme 3: Living in the Wider World
<u>PSHE Education Primary Toolkit 2020</u> Relationships R1 – H34 Health and Wellbeing H1 – H50 Living in the Wider World L1 – H32	Self-improvement (including through constructive self-reflection, seeking and utilising constructive feedback and goal-setting) Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect) Enterprise skills and attributes (e.g. aspiration, creativity, goal setting, identifying opportunities, taking positive risks).	Self-regulation (including promotion of positive, growth mindset and managing strong emotions and impulses). Empathy and compassion (including impact on decision-making and behaviour) Managing feelings. How we should we treat others people? How does our behaviour and choices impact on others?	Clarifying own values Strategies for identifying and accessing appropriate help and support
Year 1 Spring 1	Target Setting <ul style="list-style-type: none"> To know what they are good at To explain what they are learning / getting better at To know what they need help with To set simple targets To know ways of celebrating achievements and how this feels Internet Safety <i>Pupils should know:</i> <ul style="list-style-type: none"> That people sometimes behave differently online, including by pretending to be someone they are not. The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. 	Friendship <ul style="list-style-type: none"> To know how my behaviour affects other people To know that friends are kind and care for each other To know that I what I say may affect somebody's feelings To know that everyone has the right to be safe, happy and listened to 	

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Year 1 Spring 2	Healthy Body <ul style="list-style-type: none">• To know about what keeping healthy means; different ways to keep healthy.• To know about foods that support good health and the risks of eating too much sugar.• To know about how physical activity helps us to stay healthy; and ways to be physically active every day.	Special People <ul style="list-style-type: none">• To think about special people I know and special people that I do not know.• To know what special people do in the community.• To know some of the things special people have to do in their jobs.• To know where to go and what to do in an emergency.	Community <ul style="list-style-type: none">• To know about what keeping healthy means; different ways to keep healthy.• To know about foods that support good health and the risks of eating too much sugar.• To know about how physical activity helps us to stay healthy; and ways to be physically active every day.
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