

Autumn Term	Spring Term	Summer Term
<b>Theme: Health and Wellbeing</b>	<b>Theme: Relationships</b>	<b>Theme: Living in the wider world</b>
<b>Where we learn to keep ourselves happy, healthy and safe in the world around us.</b>		
<p><b>Key Objectives:</b>  <u><b>Lesson 1: Can I explore a range of emotions?</b></u></p> <ul style="list-style-type: none"> <li>To describe a range of feelings and develop simple strategies for managing them.</li> <li>I can use colours to describe feelings.</li> <li>I know that we often feel more than one emotion at a time.</li> <li>I can imagine how I would feel in a particular situation</li> <li>I know that not everyone feels the same</li> </ul> <p><b>L1 Key Vocabulary: feeling, emotion, different</b></p> <p><u><b>Lesson 2: Can I use breathing exercises to manage my emotions?</b></u></p> <ul style="list-style-type: none"> <li>To use breathing exercises to relax.</li> <li>I understand how relaxation affects the body.</li> <li>I know that it is important to have relaxation strategies.</li> <li>I know how to use breathing to help myself relax.</li> <li>I can describe suitable times and places for using breathing techniques to relax.</li> </ul> <p><b>L2 Key Vocabulary: Exercise, Relax, Relaxation, Breath</b></p> <p><u><b>Lesson 3: Can I explore my strengths and set myself goals?</b></u></p> <ul style="list-style-type: none"> <li>To understand their strengths and set themselves achievable goals</li> <li>I can say what I am good at</li> <li>I can say what I want to get better at</li> <li>I can break down goals into small, achievable steps</li> <li>I know how to ask for help</li> </ul> <p><b>L3 Key Vocabulary: Goal, Skill, Achieve, Steps</b></p> <p><u><b>Lesson 4: Can I learn strategies to help me overcome barriers?</b></u></p> <ul style="list-style-type: none"> <li>To identify strategies to help overcome barriers or manage difficult emotions</li> <li>To develop a growth mindset</li> <li>I can describe how I feel when I find something difficult</li> <li>I understand that everybody fails</li> <li>I know that failing isn't the end of a process</li> <li>I understand what a growth mindset is</li> </ul> <p><b>L4 Key Vocabulary: Try, Fail, Frustrating, Challenge, Growth mindset</b></p> <p><u><b>Lesson 5: Can I identify my private body areas?</b></u></p> <ul style="list-style-type: none"> <li>To begin to understand the concept of privacy and the correct vocabulary for my body parts.</li> <li>I understand what 'private' means.</li> <li>I can name parts of the body.</li> <li>I can name the private parts of my body correctly</li> <li>To understand safe and unsafe touches.</li> <li>I understand the PANTS rule.</li> </ul>	<p><b>Key Objectives:</b>  <u><b>Lesson 1: Can I recognise how other people show their feelings and how to respond?</b></u></p> <ul style="list-style-type: none"> <li>To recognise how others show feelings in different ways and how to respond</li> <li>I know that not everyone feels the same</li> <li>I can describe what someone else might be thinking</li> <li>I can describe what someone else might be feeling</li> <li>I can describe what emotions might look like on the outside</li> </ul> <p><b>L1 Key Vocabulary: Feeling, Emotion</b></p> <p><u><b>Lesson 2: Can I learn how to respond to unhappy friendships?</b></u></p> <ul style="list-style-type: none"> <li>To begin to understand that some friendships might make us feel unhappy and how to deal with this</li> <li>I understand that friendships are not always positive</li> <li>I can explain what I can do if a friendship is making me feel unhappy</li> <li>I know who in school can help with friendship problems</li> </ul> <p><b>L2 Key Vocabulary: Happy, Unhappy, Good friendships, Bad friendships</b></p> <p><u><b>Lesson 3: Can I identify the difference between secrets and surprises?</b></u></p> <ul style="list-style-type: none"> <li>To begin to understand the difference between secrets and surprises.</li> <li>I can explain what a surprise is.</li> <li>I can explain what a secret is.</li> <li>I understand the difference between a secret and a surprise.</li> </ul> <p><b>L3 Key Vocabulary: excited, good, happy, surprise, secret, unhappy, worried</b></p> <p><u><b>Lesson 4: Can I explore how families can all be different?</b></u></p> <ul style="list-style-type: none"> <li>To begin to understand the range of families they may encounter now and in the future,</li> <li>I understand that families can be made up of different people</li> <li>I understand that I should respect different types of families</li> </ul> <p><b>L4 Key Vocabulary: Family, Love, Care, Different, Same, Similar</b></p> <p><u><b>Lesson 5: Can I understand how stereotypes can affect peoples choices?</b></u></p> <ul style="list-style-type: none"> <li>To develop an understanding of stereotypes and how these might affect job/career choices.</li> <li>I understand that assumptions are sometimes made about whether a job is more suited to a male or female</li> <li>I can explain what a gender stereotype is</li> <li>I can begin to challenge a gender stereotype using examples</li> </ul>	<p><b>Key Objectives:</b>  <u><b>Lesson 1: Can I understand the importance of Rules?</b></u></p> <ul style="list-style-type: none"> <li>To understand the importance of rules</li> <li>I can identify different places where rules apply</li> <li>I understand why rules are important</li> <li>I can explain who makes rules and why</li> </ul> <p><b>L1 Key Vocabulary: Rule, Reason, Different</b></p> <p><u><b>Lesson 2: Can I identify the role people have in my community?</b></u></p> <ul style="list-style-type: none"> <li>To recognise the role people play in looking after the environment</li> <li>I understand some people have jobs that help to keep our environment a good place to live or learn</li> <li>I can identify some people in school who look after the environment</li> <li>I can identify the jobs some people do in the local area to look after the environment</li> <li>I can explain that some people volunteer to keep the local environment pleasant</li> </ul> <p><b>L2 Key Vocabulary: Environment, Pleasant, Job, Volunteer Look after</b></p> <p><u><b>Lesson 3: Can I identify the job roles people have in my community?</b></u></p> <ul style="list-style-type: none"> <li>To begin to understand the roles people have in the community.</li> <li>I understand that there is a range of jobs locally that help our community.</li> <li>I can explain some of the things people do for their job.</li> <li>I can explain what might happen if no one did these jobs.</li> </ul> <p><b>L3 Key Vocabulary: Job, Role, Community</b></p> <p><u><b>Lesson 4: Can I recognise similarities and differences between people in the local community?</b></u></p> <ul style="list-style-type: none"> <li>To recognise similarities and differences between people in the local community</li> <li>I understand that there are a range of factors which make us who we are</li> <li>I can identify similarities and differences between groups of people</li> <li>I can explain how different people contribute to the local community</li> </ul> <p><b>L4 Key Vocabulary: Identity, Same, Similar, Different, Community</b></p> <p><u><b>Lesson 5: Can I explore where money comes from?</b></u></p> <ul style="list-style-type: none"> <li>To understand where money comes from</li> <li>I understand the value of different notes and coins</li> <li>I can explain where adults get money from</li> <li>I can explain why some sources of money might be better than others</li> </ul>

**Cross-Curricular Links:**

**Autumn:**

**Spring:**

**Summer:**

**Enrichment:**

**Autumn:**

**Spring:**

**Summer:**

**Key Skills which can be revisited throughout other Subject Areas:**

**Key Days:**

<ul style="list-style-type: none"> <li>I can name someone I can talk to if I am worried about something.</li> </ul> <p><b>L5 Key Vocabulary: penis, vulva, arm, leg, hand, wrist, neck, head, knee, foot, ankle, elbow, surprise, safe touch, unsafe, touch, PANTS rule, private, testicles, secret</b></p>	<p><b>L5 Key Vocabulary: Male, Female, Stereotype, Career, Job</b></p>	<p><b>L5 Key Vocabulary: Money, Wages, Earn, Benefits, Prizes , Presents, Coins, Notes</b></p>
<p><u><a href="#">Link to the National Curriculum</a></u></p> <ul style="list-style-type: none"> <li></li> </ul>	<p><u><a href="#">Link to the National Curriculum</a></u></p> <ul style="list-style-type: none"> <li></li> </ul>	<p><u><a href="#">Link to the National Curriculum</a></u></p> <ul style="list-style-type: none"> <li></li> </ul>

**National Curriculum: By the end of KS1, pupils will be able to:**

-