

# Manor Primary School

## PHSCE Year 1 – Me and My Friends

### Overview of the Learning:

In this unit children will be introduced to the need to look after their health and wellbeing. They will begin to understand how to keep themselves healthy and investigate how our needs change as we grown older. They learn that, as humans, we are all equal, have basic needs and rights, and belong to a range of groups and communities, including school and family. Children learn about the importance of respecting each other, and how we can find ways to understand and care for others as well as ourselves. They learn about friendship and what makes a good friend. They learn about dealing with bullies.

### Core Aims

Provide children with:

- accurate and relevant knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- the skills and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives.

### Pupils should be taught

#### Health and Wellbeing

how to maintain physical, mental and emotional health and wellbeing  
 how to manage risks to physical and emotional health and wellbeing  
 ways of keeping physically and emotionally safe  
 about managing change, such as puberty, transition and loss  
 how to make informed choices about health and wellbeing and to recognise sources of help with this  
 to identify different influences on health and wellbeing

#### Relationships

how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts  
 how to recognise and manage emotions within a range of relationships  
 how to recognise risky or negative relationships including all forms of bullying and abuse

#### Living in the wider world – Economic wellbeing and being a responsible citizen

about respect for self and others and the importance of responsible behaviours and actions  
 about rights and responsibilities as members of families, other groups and ultimately as citizens  
 about different groups and communities  
 to respect equality and to be a productive member of a diverse community

### Expectations

Children can:

- explain ways of keeping clean (for example by washing their hands and keeping their hair tidy) and they can name the main parts of the body
- make simple choices about some aspects of their health and wellbeing (for example by choosing between different foods and between physical activities, knowing that they need sun protection) and know what keeps them healthy (for example exercise and rest)

Manor Primary School



- identify and name some feelings (for example through interpreting facial expressions) and express some of their positive qualities
- demonstrate that they can manage some feelings in a positive and effective way
- share their views and opinions (for example talking about fairness)
- recognise that bullying is wrong and can list some ways to get help in dealing with it
- recognise the effect of their behaviour on other people, and can cooperate with others (for example by playing and working with friends or classmates)
- identify and respect differences and similarities between people, and can explain different ways that family and friends should care for one another (for example telling a friend that they like them, showing concern for a family member who is unwell).

Manor Primary School



## Manor Primary School

### PHSCE Year 1 – Making our school an eco-school

#### Overview of the Learning:

In this unit children will begin to think about how we can become a more eco friendly school. They will think about what it means to be eco friendly, they will learn about sustainability and what this means for the school building and grounds. They will be introduced to how being eco friendly can enable us help the environment and to be better global citizens.

#### Core Aims

Provide children with:

- accurate and relevant knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- the skills and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives.

#### Pupils should be taught

##### Health and Wellbeing

how to maintain physical, mental and emotional health and wellbeing  
 how to manage risks to physical and emotional health and wellbeing  
 ways of keeping physically and emotionally safe  
 about managing change, such as puberty, transition and loss  
 how to make informed choices about health and wellbeing and to recognise sources of help with this  
 to identify different influences on health and wellbeing

##### Relationships

how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts  
 how to recognise and manage emotions within a range of relationships  
 how to recognise risky or negative relationships including all forms of bullying and abuse

##### Living in the wider world – Economic wellbeing and being a responsible citizen

about respect for self and others and the importance of responsible behaviours and actions  
 about rights and responsibilities as members of families, other groups and ultimately as citizens  
 about different groups and communities  
 to respect equality and to be a productive member of a diverse community

#### Expectations

Children can:

- Understand why going green, and sustainability are so important

Manor Primary School



- Develop skills of teamwork and discussion
- Recognise that we can all help to reduce the problems relating to sustainability
- share their views and opinions (for example talking about recycling, litter)
- explain ways of looking after the environment (for example by recycling)
- recognise the effect of their behaviour on other people, and can cooperate with others (for example by listening to and sharing ideas with peers)

## Manor Primary School

### PHSCE Year 1 – Celebrating and Respecting our Differences

#### Overview of the Learning:

In this unit children will begin to think about how children around the world are all different and why this should be celebrated. They will learn about the lives of four children from different parts of the world and will look at similarities and differences with their own lives. The children will learn about the importance of respecting each other and will celebrate the uniqueness of each and everyone as an individual

#### Core Aims

Provide children with:

- accurate and relevant knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- the skills and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives.

#### Pupils should be taught

##### Health and Wellbeing

how to maintain physical, mental and emotional health and wellbeing  
 how to manage risks to physical and emotional health and wellbeing  
 ways of keeping physically and emotionally safe  
 about managing change, such as puberty, transition and loss  
 how to make informed choices about health and wellbeing and to recognise sources of help with this  
 to identify different influences on health and wellbeing

##### Relationships

how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts  
 how to recognise and manage emotions within a range of relationships  
 how to recognise risky or negative relationships including all forms of bullying and abuse

**Living in the wider world – Economic wellbeing and being a responsible citizen**

Manor Primary School



	<p>about respect for self and others and the importance of responsible behaviours and actions</p> <p>about rights and responsibilities as members of families, other groups and ultimately as citizens</p> <p>about different groups and communities</p> <p>to respect equality and to be a productive member of a diverse community</p>
--	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Manor Primary School

