

## PSHE Matters Curriculum Coverage: Year 1 and Year 2

### Expected Vocabulary and Curriculum Objectives.

Cycle A	Curriculum Objective	Vocab
Being healthy / Autumn One  Core Theme: Health and Wellbeing: H1, H2, H3, H4, H5, H7, H8, H9	H1- Identifying different ways to keep healthy. H2- Recognising foods that support good health; the risks of eating too much sugar. H3- Exploring how physical activity helps us to stay healthy. H4- Recognising why sleep is important and different ways to rest and relax. H5- Demonstrating simple hygiene routines that can stop germs from spreading. H7- Exploring what good dental care is; identifying food and drink that supports dental health. H8- Describing different ways of keeping safe in the sun to reduce skin damage. H9- Recognising the importance of knowing when to take a break online/offline.	Energy, repairs, sad, happy, excited, angry, frustrated, calm, tired, balanced diet, relax, physical activity, target, germs, health and wellbeing
Relationships / Autumn Two  Core theme: Relationships: R1, R6, R7, R19 Living in the Wider World: L7 Health and Wellbeing: H14, H15	R1- Recognising the roles different people play in their lives. R5- Understanding that it is important to tell someone if something about their family makes them unhappy or worried. R6- Understanding how people make friends and explain what makes a good friendship. R7- Recognising when they or someone else feels lonely and what to do that may help. R19- Explaining basic techniques for resisting pressure to do something they don't want to do. L7- Explaining how the internet and devices can be used safely to communicate with others. H14- Talking about how to recognise what others might be feeling. H15- Recognising that not everyone feels the same about the same things.	Friendship, behaviour, rejected, disagreements
Exploring emotions/ Spring One  Core Themes: Health and Wellbeing H11, H12, H13, H14, H15, H16, H17, H18, H19	H11- Naming different feelings. H12- Explaining how to recognise different feelings. H13- Recognising that feelings can affect the way we think, feel and behave. H14- Talking about how to recognise what others might be feeling. H15- Recognising that not everyone feels the same about the same things. H16- Naming a range of words to describe feelings. H17- Talking about things that help people's mental/physical health. H18- Identifying ways to manage big feelings. H19- Recognising when they need help and understand how to ask for help.	Emotions, happy, scared, lonely, excited, frustrated, anger, express, feelings, sorry, affected, warmth and love, kind, happy, anxious, upset
Difference and Diversity / Spring Two  Core themes: Living in the wider world: L6, L14, L17 Relationships: R2, R3, R4, R22, R23 Health and Wellbeing: H21, H22  <b>Protected characteristics covered:</b> race, religion or belief, disability, being married or in civil partnership	L6- Recognising ways they are the same as, and different to, other people. L14- Identifying that everyone has different strengths. L17- Discussing the strengths/interests someone might need to do different jobs. R2- Identifying that there are different types of families. R4- Identifying common features of family life. R22- Recognising how to treat themselves and others with respect. R23- Recognising the ways in which they are the same/different to others. H21- Recognising what makes them special. H22- Celebrating the ways in which we are all unique.	Same/ similar, different, equal, diversity, role model, inclusive

<p>Bullying Matters / Summer One</p> <p>Core Theme: Relationships: R8, R9, R10, R11, R12, R20, R21, R22, R24</p>	<p>R8- Recognising simple strategies to resolve arguments between friends positively.  R9- Recognising how to ask for help if a friendship is making them feel unhappy.  R10- Recognising that bodies/feelings can be hurt by words and actions.  R11- Identifying how people may feel if they experience hurtful behaviour or bullying.  R12- Understanding that hurtful behaviour is not acceptable.  R20- Identifying what to do if they feel worried.  R21- Identifying what is kind and unkind behaviour.  R22- Recognising how to treat themselves and others with respect.  R24- Playing, listening and working cooperatively.</p>	<p>Bullying, cyberbullying, opposite, kindness, unkind, STOP (Several Times on Purpose), START (Start Telling and Reporting Trouble)</p>
<p>RSHE Week Summer Two (Year 2 only)</p> <p><b>Clued Up for Growing Up</b></p> <p>Core Themes:  Health and Wellbeing: H3, H10, H12, H16  Relationships: R3, R5, R7, R8, R10</p>	<ul style="list-style-type: none"> <li>to identify and respect the differences and similarities between people</li> <li>to use the correct vocabulary for parts of the body and identify differences and similarities</li> <li>to recognise special people in their lives and identify their own strengths</li> </ul>	<p>boy, girl, male, female, penis, vagina, pregnant, womb, testicles, appropriate touch, breasts, genitals, foetus, anus</p>
<p>Changes / Summer Two</p> <p>Core Theme: Health and Wellbeing: H13, H16, H19, H20, H24, H26, H27</p> <p><b>Protected characteristics covered:</b>  age</p>	<p>H13- Recognising that feelings can affect the way we think, feel and behave.  H16- Recognising ways of sharing feelings.  H18- Identifying ways to manage big feelings.  H19- Recognising when we need help and understand how to ask for help.  H20- Identifying feelings associated with change/loss.  H24- Exploring how to manage when we find things difficult.  H26- Explaining how people's needs change as they grown from young to old.  H27- Explaining positive ways of preparing to move to a new class/year group.</p>	<p>Changes, feelings, weather, seasons, friendships, opinions, short-term, permanent, loss</p>
<p>Cycle B</p>		
<p>Being Me / Autumn One</p> <p>Core Themes: Living in the Wider World: L4, L14  Relationships: R23  Health and Wellbeing: H21, H22, H23</p> <p><b>Protected characteristics covered:</b>  race, religion or belief, age</p>	<p>L4- Recognising the different groups they belong to.  L14- Identifying that everyone has different strengths.  R23- Recognising the ways in which they are the same and different to others.  H21- Recognising what makes them special.  H22- Identifying the ways in which we are all unique.  H23- Identifying what they are good at, what they like and dislike.</p>	<p>Identity, special, different, unique, support, love, guidance, safety, fun, kindness, caring</p>
<p>Being Responsible / Autumn Two</p> <p>Core Themes: Living in the Wider World: L1, L2, L3, L5</p>	<p>L1- Understanding what rules are and why different rules are needed for different situations.  L2- Recognising that people and other living things have different needs and understanding the responsibilities of caring for them.  L3- Explaining things they can do to help look after their environment.</p>	<p>Rules, consequences, fair, being kind, parliament, recycled, reuse, reduce</p>

Relationships: R25	L5- Exploring the different roles/responsibilities people have. R25- Sharing opinions on things that matter to them.	
Drug Education / Spring One  Core Theme: Health and Wellbeing: H1, H5, H6, H11, H28, H31, H33, H37	H1- Identifying different way to keep healthy. H5- Demonstrating simple hygiene routines that can stop germs from spreading. H6- Understanding how medicines can help people to stay healthy. H11- Naming different feelings. H28- Talking about rules and age restrictions that keep us safe. H31- Understanding that household products (including medicines) can be harmful if not used correctly. H33- Talking about the people whose job it is to help keep us safe. H37- Understanding that things that people put into their body or on their skin can affect how people feel.	Medicine, vaccination, paracetamol, antibiotics, insulin, swallowed, injected, inhaled, absorbed, temperature, infection, asthma
Being Safe/ Spring Two  Core Themes: Health and Wellbeing: H28, H29, H30, H33, H34, H35, H36 Relationships: R14, R15 Living in the Wider World: L8, L9	H28- Talking about rules and age restrictions that keep us safe. H29- Recognising risk and what action to take to minimise harm. H30- Describing how to keep safe at home. H32- Describing ways to keep safe in familiar/unfamiliar environments. H33- Talking about the people whose job it is to keep us safe. H34- Explaining basic rules to keep safe online. H35- Understanding what to do if there is an accident and someone is hurt. H36- Demonstrating how to get help in an emergency. L8- Talking about the role of the internet in everyday life. L9- Identifying that not all information online is true. R14/R15- Responding safely to people online/offline.	Hazards, help, emergency, 999, unsafe, Know the Road, Stop, Look and Listen, online, username, personal information, upsetting, confusing, privacy, passwords, email address, body parts
Money Matters / Summer One  Core Themes: Living in the Wider World: L10, L11, L12, L13, L14, L15, L16, L17	L10- Understanding what money is. L11- Recognising that people make different choices how to save/spend money. L12- Recognising the difference between needs and wants. L13- Understanding how money can be looked after. L14- Identifying that everyone has different strengths. L15- Understanding that jobs help people to earn money to pay for things. L16- Identifying different jobs that people do. L17- Identifying the strengths/interests someone might need to do different jobs.	Money, coins, notes, cost, ATM, debit card, spend, save, share, want, need, bank, profit, cash, cheque
RSHE Week Summer Two (Year 2 only)  <b>Clued Up for Growing Up</b>  Core Themes: Health and Wellbeing: H3, H10, H12, H16 Relationships: R3, R5, R7, R8, R10	<ul style="list-style-type: none"> <li>to identify and respect the differences and similarities between people</li> <li>to use the correct vocabulary for parts of the body and identify differences and similarities</li> <li>to recognise special people in their lives and identify their own strengths</li> </ul>	boy, girl, male, female, penis, vagina, pregnant, womb, testicles, appropriate touch, breasts, genitals, foetus, anus
Growing Up / Spring Two (Year 1 only)	H5- Identifying simple hygiene routines that can stop germs from spreading. H20- Identifying feelings associated with change/loss. H21- Recognising what makes them special. H22- Talking about the ways in which we are all unique. H25- Naming the main parts of the body including external genitalia.	Boy, girl, male, female, skills, stereotype, penis, vulva, vagina, body language, secret, surprise, exclude others, uncomfortable

<p>Core Themes: Health and Wellbeing: H5, H20, H21, H22, H25, H26</p> <p>Relationships: R 13, R16, R17, R18, R20, R23</p> <p><b>Protected characteristics covered:</b> age, sex</p>	<p>H26- Explaining how people’s needs change as they grown from young to old.  R13- Recognising and understanding the importance of respecting privacy.  R16- Identifying how to respond if physical contact makes them feel uncomfortable/unsafe.  R17- Understanding that there are situations when they should ask for permission.  R18- Recognising the importance of not keeping adults’ secrets.  R20- Identifying what to do if they feel unsafe/worried for themselves or others.  R23- Recognising the ways in which they are the same/different to others. z</p> <p><i>Please note links with statutory requirements in Science - the Year 1 and 2 National Science Curriculum Programme of Study states that children should be taught to:</i></p> <ul style="list-style-type: none"> <li>• <i>Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.</i></li> <li>• <i>Notice that animals, including humans, have offspring which grow into adults.</i></li> </ul>	
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