

**KS1 PSHE
Education
Learning Journey**

Students will start LKS2:

- Knowing who is special in their lives, including their friends and family
- Having a basic understanding of healthy choices
- With an understanding of how to stay safe
- With a foundation of CRL and financial education
- Having had an experience of YSA



What can I do to help the world?



What can I do to help people feel happier?

How can screen time and sleep affect the way we feel?

How can I describe my emotions?

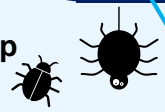
Caring for the Environment & Social Responsibility

Healthy Minds



What special things have people done in the past to ensure everyone is included?

How can I help wildlife?



Who really lives in my local environment?

How can you look after your feelings and care for yourself?

Why is it important to look after our minds and wellbeing?

How can I be a champion for inclusion?

How do I eat a healthy diet?



Why is sleeping healthy?



How do I keep clean & healthy?



How can we make people feel welcome and included?

How can we get healthier?

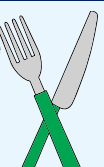


What and who keeps us healthy as we grow up?

Healthy Bodies

Feeling Included

How do I have amazing table manners?



Who can I talk to if things don't feel right?

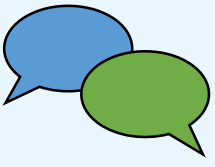
How are families different and the same?



How can we include everyone in our games?

How does Independent Isha become an effective learner?

How can we solve problems with friends when we fall out?



What is discrimination?

What can we learn from Resilient Riley and Creative Curtis?

Different Types of families

Growth Mindset

How do you spend time with your family?

What is a family?



How can Petr Participate and Collaborative Twins Jade and Jacob help themselves and other learn?



YEAR 2



Enrichment & careers related learning opportunities in KS1:

The OAT Advantage:

- Know how to be kind
- Understand what manners are & why they are important
- #iwill social action opportunity
- Pass on a knowledge or skill
- Learn your address, including postcode, and your phone number
- How to contact emergency services
- Be aware of internet safety
- Make something you can share with others
- Know how to use a knife and fork
- Knowledge of important current & historical figures
- Learn how to ride a bike

CRL encounters from:

- A member of the school community
- A person that keeps the children safe, such as a firefighter, police officer, doctor or paramedic
- A person that keeps the children healthy, such as a doctor, nurse, midwife, nutritionist or pharmacist
- Females working in STEM
- A vicar or registrar



How do I feel about my beautiful world?



Can we make new products from things we would have thrown away?

Social Action: All Around Us

How can we take action to create a more eco-friendly school?



How can we reduce rubbish?

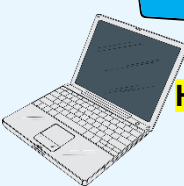


How can we make a difference in our class about rubbish?

What job would I like to do when I grow up?

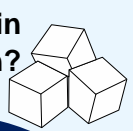


Where do adults get their money?



How can being online be unhealthy?

How much sugar is in my lunch?



How does exercise keep me healthy?



CRL & Money Matters

Healthy Me

How can I keep my money safe?



Where does my money come from?

How can we keep healthy in the sun?



Why is sugar bad for my teeth?



What keeps me safe at school?

How can we keep ourselves safe by, and on the road?

How can we keep ourselves safe with people we do not know?

Staying safe

Who are the special people in my life and why are they special?

What keeps me safe outside?

How can emotions change people's behaviour?

How can I climb out of the learning pit?

How can we keep ourselves safe at home?

What are our ground rules in PSHE lessons?

How can we keep ourselves safe online?

Feelings & Special People

New beginnings

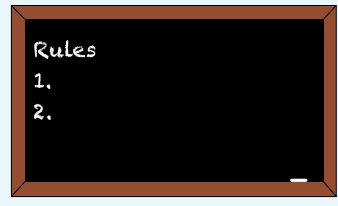
What makes me special?



What are feelings and how can I show them?



What are the differences between Yr. R and Yr. 1?



YEAR 1