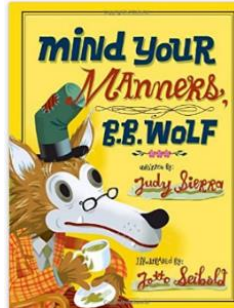


## KS1 PSHE Medium Term Plan

Autumn B 2023 - 2024					
Week Beginning	Theme	Statutory objective	Learning objective	Resources	End point knowledge
	Statutory headings		Vocabulary		What should children know at the end of the lesson?  This content will be taken forward as retrieval practice.
Lesson 1	Respectful relationships	In school they can be expected to be treated with respect by others and that in turn, they should show due respect to others, including those of authority.	<u>L.O. To understand that in school respect should be given and received</u>  <b>Ready, respectful, safe, trusted adult, rights.</b>	Children to create class charters based on Ready, Respectful, Safe. What does this look like in our classroom? What rights do we have in our classroom? Who do we need to respect? How are we going to be successful?	Children should know and understand our school rules.
Lesson 2	Respectful relationships	The conventions of courtesy and manners. (Link to school)	<u>L.O. To understand why courtesy and manners are important in school</u>  <b>Manners, please, thank you, respect.</b>		Know what manners are and understand when they should be used.  Understand that manners are part of showing respect.

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				<p>Use the text to explore manners – please, thank you, what happens if you burp?</p> <p>Children to discuss when it is respectful to use manners and why manners are important in school and our community.</p>	
Lesson 3	Respectful relationships	The importance of self-respect and how this links to their own happiness.	<p><u>L.O. To understand what makes them happy</u></p> <p><b>Happy, emotions.</b></p>	<p><a href="#">PSHE EYFS / KS1: Feeling Better - Happy - BBC Teach</a></p> <p>Explore happiness – Allow children to discuss what makes them happy.</p>	<p>Know and be able to discuss what happiness it</p> <p>Understand that it is normal to experience other emotions.</p>
Lesson 4	<a href="#">Respectful relationships</a>	<p>The importance of permission-seeking and giving in relationships with friends, peers and adults.</p> <p><i>(Link to borrowing items at school)</i></p>	<p><u>L.O. To understand the importance of gaining permission</u></p> <p><b>Permission, belongings, share.</b></p>	<p>Teacher to role play two scenarios: Ask a child to come to the front with a pencil and then take it off them. Do not ask permission. Replay again – ask permission. What is the same, what is different? Teach the language of asking for permission, giving permission and refusing permission</p> <p>Write the following phrases on the board:</p> <p>Asking permission: Do you mind if I...?</p> <p>Giving permission: No, I don't mind at all. No, not at all. Please feel free. Go right ahead.</p> <p>Refusing permission: I'm sorry, I'm afraid I do mind. Yes, I'm afraid I do. Yes, I do mind.</p> <p>Review and practice the language for asking, giving and refusing permission with the class.</p>	<p>Understand the importance of asking permission. Focus on school equipment/ things that belong to others.</p>

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				Why is it important to ask permission when we are at school? With our friends? With our families?	
Lesson 5	Internet safety and harms	For most people the internet is an integral part of life and has many benefits.	<u>L.O. To understand the benefits of the internet</u>  <b>Internet, positive, benefits, useful.</b>	BBC class clips – What is the internet? <a href="https://www.bbc.co.uk/bitesize/clips/zcvr9j6">https://www.bbc.co.uk/bitesize/clips/zcvr9j6</a>  Discuss when we might use the internet - when can the internet be helpful?  Using computers in our every-day life: <a href="https://www.bbc.co.uk/bitesize/clips/zgkj2hv">https://www.bbc.co.uk/bitesize/clips/zgkj2hv</a>  Use E-Safety resources to sort positive and negative uses of the internet.  Could show 'Kiddle' <a href="https://www.kiddle.co/">https://www.kiddle.co/</a> Child- friendly search engine.	Understand that for some people, the internet has many benefits.  Know when the internet is useful.
Lesson 6	Internet safety and harms	About the benefits of rationing time spent online.	<u>L.O. To understand the benefits of rationing time spent online</u>  <b>Internet, rationing, online, effects.</b>	Brainstorm when children are online in a typical day.... Tablets/ Internet/ Gaming - How long do you think we spend online per day?  <a href="https://www.internetmatters.org/resources/screen-time-tips-to-support-5-7-year-olds/">https://www.internetmatters.org/resources/screen-time-tips-to-support-5-7-year-olds/</a>	Know and understand that time online should be rationed.  Know that the internet can interfere with sleep patterns.

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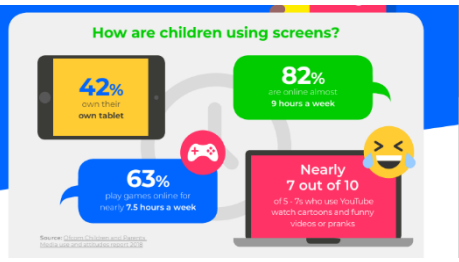
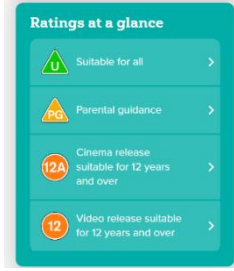

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Lesson 7	Internet safety and harms	Why some films are age restricted.	<p><u>L.O. To understand why some films are age restricted</u></p> <p><b>Age restrictions, PG, U.</b></p>	 <p><a href="https://www.cbbfc.co.uk/film-ratings/u">https://www.cbbfc.co.uk/film-ratings/u</a> (Website above has some information)</p> <p>Show children images of Disney films/ films they will know that have the U or PG rating on them. Why is this important? Why shouldn't we watch films that are of a higher rating?</p>	<p>Know why some films are restricted.</p> <p>Understand the age restrictions for some films.</p>
Lesson 8	Caring friendships	The characteristics of friendships, including loyalty, kindness and trust.	<p><u>L.O. To understand what makes a good friend</u></p> <p><b>Loyalty, kindness, trust, friendship, values.</b></p>		<p>Know the qualities of a good friend.</p> <p>Be able to identify their own qualities in their friendships.</p>

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				The Smartest Giant in Town – Look at the character of George – how is he kind to all of the animals he encounters? What can we learn from George?	
Half term					
Lesson 1	Caring friendships	That most friendships have ups and downs.	<u>L.O. To understand that most friendships have ups and downs</u>  <b>Friends, ups and downs, emotions.</b>	Peppa Pig and Suzie Sheep – The Quarrel. Watch clips from the below video and discuss why they begin to argue... what happens as they try to resolve it and what happens as a result? <a href="https://www.youtube.com/watch?v=fNvdmdMbnv4">https://www.youtube.com/watch?v=fNvdmdMbnv4</a>	Know that it is ok to experience ups and downs in friendships.
Lesson 2	Caring friendships  Anti-bullying week  <a href="https://anti-bullyingalliance.org.uk/anti-bullying-week">https://anti-bullyingalliance.org.uk/anti-bullying-week</a> 'Make a noise about bullying'	Different types of bullying and how to get help.  (Revisit what it means to be 'bullied')	<u>L.O. To understand what bullying is and identify types.</u>  <b>Bullying, STOP (several times on purpose), online bullying, trusted adults.</b>	Recap: What is bullying? <a href="https://www.bbc.co.uk/bitesize/clips/zqypyrd">https://www.bbc.co.uk/bitesize/clips/zqypyrd</a>  Introduce STOP – children need to understand that bullying is repeated unkind actions.  	Know what bullying is.  Understand what to do and who to speak to if bullying occurs.

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				<p>Show three stills of Nelson from Simpsons – identify physical and emotional bullying( point and laughing)</p> 	
Lesson 3	Mental wellbeing	There is a normal range of emotions.	<p><u>L.O. To understand different emotions</u></p> <p><b>Happiness, sadness, anger, fear, surprise, nervousness.</b></p>	 <p>Read the text and talk about the different feelings within it – When have you felt some of these feelings?</p> <p>Espresso- different feeling scenarios</p> <p><a href="https://app.discoveryeducation.co.uk/learn/player/b2aae7f9-d2of-4cc8-9e67-1db2e52a8883">https://app.discoveryeducation.co.uk/learn/player/b2aae7f9-d2of-4cc8-9e67-1db2e52a8883</a></p>	<p>Know a range of emotions.</p> <p>Understand how to deal with emotion and who to speak to.</p>
Lesson 4	Mental wellbeing	Simple self-care techniques, <b>including the impact of time spent with family and friends.</b>	<p><u>L.O. To understand how time spent with my family and friends can impact on my wellbeing</u></p>	<p>How do we take care of ourselves? What makes us happy? Who makes us happy?</p>	<p>Know how time spent with family and friends can help with happiness.</p>

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			<b>Happiness, wellbeing, family, friends, self-care.</b>	Self-care techniques: Breathing and meditation. ( Cosmic kids/ Relax kids) <i>Have ready</i> ✓ Activity: Breathing exercises (see Classroom resources) ✓ Link: Safe YouTube video: '4-7-8 breathing clip' ✓ Link: Safe YouTube video: 'Mindfulness Meditation'	
Lesson 5	Basic first aid	Concepts of basic first aid – link to school and playground	<u>L.O. To understand how to react on the playground when someone is hurt</u>  <b>First aid, cut, graze, plaster.</b>	Show children images of children that have fallen over on the playground – how could we help? Who would we find? What do the adults do?  	Know and understand how to react when someone is hurt on the playground.  Understand what adults can help.
Lesson 6	Basic first aid	How to make a clear and efficient call to emergency services, if necessary.  (Provide examples of accidents that may happen at home – cutting finger, falling down stairs).	<u>L.O. To understand how and when to make an emergency call</u>  <b>Emergency, police, ambulance.</b>	How to call for help: Staffordshire police video <a href="https://www.youtube.com/watch?v=ZxzewVTDaso">https://www.youtube.com/watch?v=ZxzewVTDaso</a>  Brain dump: Can you think of incidents where you may need to call an ambulance/ police when you are at home?  Could teach song: 999, 999, emergency, emergency. People can help in an accident, Police and fire and ambulance, If you need help you know what to do, Call 999.	Understand what an emergency is and who can help.

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