



PSHE in Year 1 & 2 at Bridgelea Primary School

PSHE (Personal, Social, Health and Economic) education is a crucial part of a child's education. It gives children access to information about themselves and the world around them, and encourages them to explore big ideas and conversations. At the heart of this, we encourage respect and understanding of the universal rights of the child, as set out in the UNCRC. We teach PSHE weekly, following the National Curriculum, and it is led by our class teachers. Our curriculum is split into key themes of Health and Wellbeing, Relationships and Living in the Wider World. Every lesson, we will explore a question together - below, you can see an overview of what your child will be studying this year.

Living in the Wider World	Relationships & RSE	Keeping Safe	Mental & Emotional Health	Healthy Lifestyles	Transitions
<p><u>Year 1 objectives</u></p> <p>Class rules. What are our class rules?</p> <p>Recognising money. Where does money come from?</p> <p>Environment. What is the environment?</p> <p><u>Year 2 objectives</u></p> <p>Groups and communities. What groups and communities am I a part of?</p> <p>Spending money. How do we make choices about spending money?</p> <p>Environment. How can we look after the environment?</p>	<p><u>Year 1 objectives</u></p> <p>Families. Who are the people in my life that love and care for me?</p> <p>Differences. What are the differences and similarities between people?</p> <p>Body Parts. What are the similarities between girls and boys?</p> <p><u>Year 2 objectives</u></p> <p>Privacy. What is private? (body parts)</p> <p>Growing up. What happens when the body grows young to old?</p> <p>Fair/Unfair. What is fair, unfair, kind and unkind?</p>	<p><u>Year 1 objectives</u></p> <p>Safety school and outside. What are the rules for keeping me safe at school and outside?</p> <p>Safety at home. What are rules about household substances?</p> <p>Emergency. What is an emergency and what do I do?</p> <p><u>Year 2 objectives</u></p> <p>Feeling unwell. How do medicines help us when we are unwell?</p> <p>Safe at home. How do I keep safe at home?</p> <p>My responsibilities. What is my responsibility for keeping myself and others safe?</p>	<p><u>Year 1 objectives</u></p> <p>Feelings. What makes me happy? What are feelings?</p> <p>Secrets. What is the difference between good secrets and bad secrets?</p> <p>Behavior. How does my behavior affect others?</p> <p><u>Year 2 objectives</u></p> <p>Big and small feelings. What is the difference between small feelings and big feelings?</p> <p>Online safety. How can I keep safe online?</p> <p>Bullying. What makes others happy? What is the different between joking, teasing and bullying?</p>	<p><u>Year 1 objectives</u></p> <p>Healthy foods. What foods should I eat to help me stay healthy?</p> <p>Healthy teeth. How can I look after my teeth?</p> <p>Hand washing. Why is important to wash my hands?</p> <p><u>Year 2 objectives</u></p> <p>Keeping healthy. How do I keep myself healthy?</p> <p>Keeping active. Why is it important to keep active?</p> <p>Infection prevention. How can I prevent diseases from spreading?</p>	<p>Nurture Principle Transitions are important in the lives of children.</p> <p>Children will access learning and activities around transitions.</p>