

PSHE Learning Sequence Document – Year 1/2 – 2022/2023



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Me and My Relationships	Valuing Differences	Keeping Safe	Rights and Respect	Being my Best	Growing and Changing
Learning outcomes:	Children will recognise different feelings and how these can have effects on our bodies.	Children will actions and methods to be good friends to others.	Children will know how medications need to be handled safely and should only be given by adults.	Children will learn techniques to help them deal with their feelings.	Children will find out different ways in which they can keep themselves healthy.	Children will consider what happens to them as they grow up, focusing on some of the physical changes that happen.
PSHE NC Focus:	Within this topic we will focus on our feelings and mental wellbeing.	Within this topic we will focus on our feelings and mental wellbeing, families and people who care for me and caring friendships.	Within this topic we will focus on physical health and fitness, people who care for me, caring friendships and online relationships.	Within this topic we will focus on our feelings and mental wellbeing and online relationships.	Within this topic we will focus on mental wellbeing, physical health and fitness and healthy eating.	Within this topic we will focus on families and people who care for me, caring friendships and respectful relationships
Prior learning:	At Blackwater we use the coram Life Education SCARF program. This is a spiral program. SCARF lessons form a spiral curriculum through the primary years, the suggested half-termly unit themes are the same for each year group and lesson plans are sequenced in a similar way for each year group, with similar themes and age-appropriate learning opportunities across each year group.					
Sequence of learning:	Why we have classroom rules	What makes us who we are?	Super sleep	Getting on with others	I can eat a rainbow	A helping hand
	How are you listening?	My special people	Who can help? (1)	When I feel like erupting	Eat well	Sam moves away
	Thinking about feelings	How do we make others feel?	Good or bad touches?	Feeling safe	Harold's wash and brush up	Haven't you grown!
	Our feelings	When someone is feeling left out	Sharing pictures	Playing games	Catch it! Bin it! Kill it!	My body, your body
	Feelings and bodies	An act of kindness	What could Harold do?	Harold saves for something special	Harold learns to ride his bike	Respecting privacy
	Good friends	Solve the problem	Harold loses Geoffrey	How can we look after our environment?	Pass on the praise!	Some secrets should never be kept
End Point:	Children will be able to discuss their feelings with others.	Children will understand how to be good friends to others.	Children will understand what adults can do to help them and how adults can give them medication to make them better.	Children know techniques that they can use to help them if their feelings become too large.	Children will recognise some techniques that will enable them to help themselves.	Children will be aware of the changes that will happen to their bodies as they grow older.
Class Topic	Memory Box What can you remember? Making memories.	Memory Box What can you remember? Making memories.	Towers, Tunnels and Turrets. Exploring castles – In real life and through fiction.	Towers, Tunnels and Turrets. Exploring castles – In real life and through fiction.	The enchanted woodland Exploring woodlands, looking at habitats, listening to stories.	The enchanted woodland Exploring woodlands, looking at habitats, listening to stories.
Linking to class topic suggestion.						

Note – Internet safety should be taught to all classes at the beginning of the autumn term every year as part of the computing program and then reinforced at intervals throughout the year.