



## Our PSHE lessons this half term in Year 1

This half term, our classes will all be learning about the topic Valuing Others in PSHE. The majority of the content in these lessons is now statutory, in line with the Relationships and Health curriculum that became compulsory for schools in September 2020. When this was introduced we underwent a period of consultation where the proposed changes were set out and parents were invited to give feedback, and this helped us to shape our curriculum.

We feel it would be useful for our parents and carers to have a clear idea of what sort of content is being introduced in our lessons as they are REALLY important topics and often provoke discussion and questions which may also be brought home. Please rest assured that all lesson content is handled with sensitivity, respect and in an age appropriate manner, with much of the focus being around keeping ourselves safe and both physically and mentally healthy.

If you would like any further information about the relationships and health learning that is taking place then please do not hesitate to get in touch with your class team in the usual way. We are here to help! ☺

Mrs Helen Jones

PSHE lead teacher

Lesson	Lesson Focus	Lesson Content
1	Same or different?	<ul style="list-style-type: none"><li>● Identify the differences and similarities between people;</li><li>● Empathise with those who are different from them;</li><li>● Begin to appreciate the positive aspects of these differences.</li></ul>
2	Unkind tease or bully?	<ul style="list-style-type: none"><li>● Explain the difference between unkindness, teasing and bullying;</li><li>● Understand that bullying is usually quite rare.</li></ul>
3	Harold's school rules.	<ul style="list-style-type: none"><li>● Explain some of their school rules and how those rules help to keep everybody safe.</li></ul>
4	It's not fair!	<ul style="list-style-type: none"><li>● Recognise and explain what is fair and unfair, kind and unkind;</li><li>● Suggest ways they can show kindness to others.</li></ul>
5	Who are our special people?	<ul style="list-style-type: none"><li>● Identify some of the people who are special to them;</li><li>● Recognise and name some of the qualities that make a person special to them.</li></ul>
6	Our special people balloons	<ul style="list-style-type: none"><li>● Recognise that they belong to various groups and communities such as their family;</li><li>● Explain how these people help us and we can also help them to help us</li></ul>