

PSHE Curriculum (2026-2027)

Year One

Autumn 1

Making Friends: Playing and Learning Together

Big Question - How can we help everyone feel welcome and valued?

<u>Key learning:</u> <u>Children will learn:</u> - what makes a positive friendship - how to include others and make people feel welcome - why sharing and taking turns are important - how to listen to others and respect different opinions - how their words and actions can affect others - that disagreements happen and can be resolved - who they can talk to if they need support	<u>Four Stars Connection</u> ★ ★ Stargaze - What kind of friend do I want to be? ★ Spirit - How can I show kindness, respect and responsibility? ★ Strive - How can I keep trying when friendships feel challenging? ★ Sparkle - How can I celebrate being a good friend?	<u>British Values Links</u> Democracy - Listening to others and sharing ideas fairly. Rule of Law - Understanding why class rules help everyone feel safe and included. Individual Liberty - Making choices about how we behave and treat others. Mutual Respect - Valuing others and showing kindness. Tolerance - Understanding that everyone is unique.
<u>RSE Link</u> Children begin to understand: - positive relationships - friendships - kindness and respect - that everyone deserves to feel valued	<u>Key Vocabulary</u> friend friendship kindness respect share include belong listen cooperate feelings trust help	<u>Recommended Books</u>  The Invisible Boy Discussion prompts: - How might someone feel if they are left out? - What can we do to help others feel included? ★ Four Stars: Spirit - showing kindness and care. Have You Filled a Bucket Today? Discussion prompts: - How do our actions make others feel? - How can we be someone who makes others feel good? ★ Four Stars: Sparkle - celebrating positive choices.

Autumn 2

Mental Health and Wellbeing

Big Question - How can we understand and look after our feelings?

<u>Key learning:</u> <u>Children will learn:</u> - that everyone has feelings and emotions - that feelings can change - how to recognise and name different emotions - ways to manage big feelings - how to talk about worries - who can support them when they need help - the importance of kindness towards themselves	<u>Four Stars Connection</u> ★ ★ Stargaze - Recognising personal strengths and hopes. ★ Spirit - Showing understanding towards ourselves and others. ★ Strive - Trying strategies that help us manage challenges. ★ Sparkle - Celebrating progress and achievements.	<u>British Values Links</u> Democracy - Sharing feelings and opinions respectfully. Rule of Law - Understanding routines and boundaries that support wellbeing. Individual Liberty - Recognising that everyone experiences feelings differently. Mutual Respect - Showing empathy towards others. Tolerance - Understanding that people respond differently to experiences. -
<u>RSE Link</u> Children begin to understand: - emotional wellbeing - expressing feelings - seeking support - caring for themselves and others	<u>Key Vocabulary</u> emotion feeling happy sad angry worried calm proud support help relax resilience	<u>Recommended Books</u> 📖 Ruby's Worry Discussion prompts: • What can we do when we have a worry? • Who can help us? ★ Four Stars: Strive - finding ways to manage challenges. The Colour Monster Discussion prompts: • Are all feelings okay? • How can we look after ourselves when feelings feel big? ★ Four Stars: Spirit - understanding ourselves.

Spring 1

Celebrating Me, You and Our Families

Big Question - What makes me unique, and why should we celebrate each other?

<u>Key learning:</u> <u>Children will learn:</u> - that everyone is unique and special - about their own qualities, interests and strengths - that families come in different shapes and sizes - that families care for and support each other in different ways - that similarities and differences should be respected - that everyone deserves to feel included and valued	<u>Four Stars Connection</u> ★ ★ Stargaze - Recognising our own strengths, dreams and qualities. ★ Spirit - Showing respect and kindness towards others. ★ Strive - Developing confidence in who we are. ★ Sparkle - Celebrating what makes ourselves and others special. -	<u>British Values Links</u> Democracy - Understanding that everyone's experiences and opinions matter. Rule of Law - Recognising the importance of treating others fairly. Individual Liberty - Understanding that everyone is an individual with their own identity. Mutual Respect - Valuing and respecting differences. Tolerance - Recognising that families, cultures and experiences can be different.
<u>RSE Link</u> Children begin to understand: - different types of families - caring relationships - belonging - respect for themselves and others	<u>Key Vocabulary</u> family belong unique similar different respect care love identity community individual	<u>Recommended Books</u> 📖 The Family Book Discussion prompts: - Are all families the same? - What makes a family special? ★ Four Stars: Spirit - respecting others. All Are Welcome Discussion prompts: - How can we make everyone feel welcome? - Why is it important to celebrate differences? ★ Four Stars: Spirit - creating a kind community.

Spring 2

Safety at Home

Big Question - How can we keep ourselves safe and know when to ask for help?

<u>Key learning:</u> <u>Children will learn:</u> - that homes can contain things that need careful handling - how to recognise simple hazards - why safety rules are important - how to make safer choices - who trusted adults are - what to do if they feel worried or unsafe	<u>Four Stars Connection</u> ★ ★ Stargaze - Thinking about how we can look after ourselves. ★ Spirit - Taking responsibility for our own safety and the safety of others. ★ Strive - Making safe choices even when situations are challenging. ★ Sparkle - Feeling confident because we know how to keep safe. -	<u>British Values Links</u> Democracy - Understanding that everyone has a responsibility to contribute to safety. Rule of Law - Recognising why safety rules exist. Individual Liberty - Making safe and informed choices. Mutual Respect - Understanding how our actions affect others. Tolerance - Respecting that people may have different home experiences.
<u>RSE Link</u> Children begin to understand: - personal safety - trusted adults - seeking help - respecting personal boundaries	<u>Key Vocabulary</u> safe unsafe hazard danger risk rules trusted adult emergency help responsibility	<u>Recommended Books</u> 📖 Super Safe! Discussion prompts: • What helps us stay safe? • Who can we ask for help? ★ Four Stars: Strive - making responsible choices.

Summer 1

Being Healthy

Big Question - How can we look after our bodies and ourselves?

<u>Key learning:</u> <u>Children will learn:</u> - what helps us stay healthy - the importance of eating a balanced diet - why sleep and exercise matter - the importance of hygiene - how choices affect our bodies and wellbeing - that looking after ourselves helps us learn and grow	<u>Four Stars Connection</u> ★ ★ Stargaze - Thinking about healthy goals for ourselves. ★ Spirit - Respecting and caring for our bodies. ★ Strive - Developing healthy habits. ★ Sparkle - Feeling proud when we make positive choices.	<u>British Values Links</u> Democracy - Sharing ideas about healthy choices. Rule of Law - Understanding safety and hygiene routines. Individual Liberty - Making informed choices. Mutual Respect - Respecting that people may have different routines. Tolerance - Understanding different experiences and lifestyles.
<u>RSE Link</u> Children begin to understand: - respect for their bodies - personal hygiene - caring for themselves	<u>Key Vocabulary</u> healthy exercise nutrition sleep hygiene body choice routine care	<u>Recommended Books</u>  The Very Hungry Caterpillar Discussion prompts: • Why does our body need different foods? • How do we care for ourselves? ★ Four Stars: Strive - developing positive habits.

Summer 2

Showing Kindness to Ourselves and Others

Big Question - How can we show kindness to ourselves and the people around us?

<u>Key learning:</u> <u>Children will learn:</u> - what kindness looks like and sounds like - how kind actions can affect others - how to show care and respect towards themselves - how to recognise when others may need support - how to celebrate their own achievements - how positive choices help create a happy community	<u>Four Stars Connection</u> ★ ★ Stargaze - Thinking about the kind of person we want to become. ★ Spirit - Showing kindness, empathy and responsibility towards others. ★ Strive - Continuing to make positive choices. ★ Sparkle - Recognising our achievements and celebrating our growth.	<u>British Values Links</u> Democracy - Listening to others and valuing different ideas. Rule of Law - Understanding how respectful behaviour supports our community. Individual Liberty - Making choices that reflect kindness and responsibility. Mutual Respect - Showing care and understanding towards others. Tolerance - Appreciating that everyone has different experiences and feelings.
<u>RSE Link</u> Children begin to understand: - caring relationships - empathy - respect - valuing themselves and others	<u>Key Vocabulary</u> kindness compassion care respect empathy support proud achievement community celebrate	<u>Recommended Books</u> 📖 Kindness Makes Us Strong Discussion prompts: • How can small acts of kindness make a difference? • How does kindness make people feel? ★ Four Stars: Spirit - showing kindness and care. The Boy, the Mole, the Fox and the Horse Discussion prompts: • Why is it important to be kind to ourselves? • How can we support others? ★ Four Stars: Sparkle - recognising our worth.