**PACE ACADEMY TRUST**

**Wellbeing**

**Knowledge, Skills and Vocabulary**

**Years 1 and 2**

|  |  |  |
| --- | --- | --- |
| **Strands** | **Year 1** | **Year 2** |
| **Health**  **Physical and mental wellbeing** | **What helps us stay healthy?**  PoS refs: H1, H5, H6, H7, H10, H39   * about what keeping healthy means; different ways to keep healthy * that things people put into or onto their bodies can affect how they feel * how to be physically active and how much rest and sleep they should have everyday * how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy * why hygiene is important and how simple hygiene routines can stop germs from being passed on * what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing   **How do we recognise our feelings?**  PoS refs: H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H27   * how to recognise, name and describe a range of feelings * what helps them to feel good, or better if not feeling good * how feelings can affect people in their bodies and their behaviour * ways to manage big feelings and the importance of sharing their feelings with someone they trust | **What can help us grow and stay healthy?**  PoS refs: H1, H2, H3, H4, H8, H9   * that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest * that eating and drinking too much sugar can affect their health, including dental health * how to be physically active and how much rest and sleep they should have everyday * that there are different ways to learn and play; how to know when to take a break from screen-time * how sunshine helps bodies to grow and how to keep safe and well in the sun   **How do we recognise our feelings?**  PoS refs: H11, H12, H13, H14, H15, H16, H17, H18, H19, H20, H27   * how to recognise, name and describe a range of feelings * what helps them to feel good, or better if not feeling good * how different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group) * how feelings can affect people in their bodies and their   behaviour   * ways to manage big feelings and the importance of sharing their feelings with someone they trust * how to recognise when they might need help with feelings and how to ask for help when they need it |
| **Relationships** | **What is the same and different about us?**  PoS refs: H21, H22, H23, H25, R13, R23,  L6, L14   * what they like/dislike and are good at * what makes them special and how everyone has different strengths how their personal features or qualities are unique to them * how they are similar or different to others, and what they have in common * to use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private   **Who is special to us?**  PoS refs: L4, R1, R2, R3, R4, R5   * that family is one of the groups they belong to, as well as, for example, school, friends, clubs * about the different people in their family / those that love and care for them * what their family members, or people that are special to them, do to make them feel loved and cared for * how families are all different but share common features – what is the same and different about them * about different features of family life, including what families do / enjoy together * that it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried | **What makes a good friend?**  PoS refs: R6, R7, R8, R9, R25   * how to make friends with others * how to recognise when they feel lonely and what they could do about it * how people behave when they are being friendly and what makes a good friend * how to resolve arguments that can occur in friendships * how to ask for help if a friendship is making them unhappy * how they belong to different groups and communities, e.g. friendship, faith, clubs, classes/year groups   **What is bullying?**  PoS refs: R10, R11, R12, R16, R17, R21, R22, R24, R25   * how words and actions can affect how people feel * how to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes them uncomfortable or unsafe * why name-calling, hurtful teasing, bulling and deliberately excluding others is unacceptable * how to respond if this happens in different situations * how to report bullying or other hurtful behaviour, including online, to a trusted adult and the importance of doing so |
| **Safeguarding**  **Keeping Safe; Internet Safety** | **People who help us**  PoS refs: H33, H35, H36, R15, R20, L5   * that people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people * who can help them in different places and situations; how to attract someone’s attention or ask for help; what to say * how to respond safely to adults they don’t know * what to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard * how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say | **Keeping safe; recognising risk; rules**  PoS refs: H28, H29, H30, H31, H32, H34, R14, R16, R18, R19, R20, L1, L9   * how rules and restrictions help them to keep safe (e.g. basic road, fire, cycle, water safety; in relation to medicines/ household products and online) * how to identify risky and potentially unsafe situations (in   familiar and unfamiliar environments, including online) and take steps to avoid or remove themselves from them   * how to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets * how not everything they see online is true or trustworthy and that people can pretend to be someone they are not * how to tell a trusted adult if they are worried for themselves or others, worried that something is unsafe or if they come across something that scares or concerns them |
| **Citizenship**  **Equality and Diversity; The Environment: Economics** | **How can we look after ourselves and the wider world?**  PoS refs: H26, H27, R21, R22, R24, R25, L2, L3   * how kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively * the responsibilities they have in and out of the classroom * how people and animals need to be looked after and cared for * what can harm the local and global environment; how they and others can help care for it * how they can take small steps to protect the environment around them * how to manage change when moving to a new class/year group   **What can we do with money?**  PoS refs: L10, L11, L12, L13   * what money is - that money comes in different forms * how money is obtained (e.g. earned, won, borrowed, presents) * how people make choices about what to do with money,   including spending and saving   * the difference between needs and wants - that people may not always be able to have the things they want * how to keep money safe and the different ways of doing this * how jobs help people earn money to pay for things they need and want * about a range of different jobs, including those done by people they know or people who work in their community | **How can we look after ourselves and the wider world?**  PoS refs: H26, H27, R21, R22, R24, R25, L2, L3   * how kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively * the responsibilities they have in and out of the classroom * how people need to be cared for * how people grow and change and how people’s needs change as they grow from young to old * how to manage change when moving to a new class/year group * what can harm the local and global environment * how they can take small steps to protect the environment around them   **What jobs do people do?**  PoS refs: L15, L16, L17, L7, L8   * how jobs help people earn money to pay for things they need and want * about a range of different jobs, including those done by people they know or people who work in their community * how people have different strengths and interests that enable them to do different jobs * how people use the internet and digital devices in their jobs and everyday life |

|  |  |
| --- | --- |
| **Teaching Opportunities** | **Resources** |
| **Links to computing curriculum**  **Links to science curriculum**  Spring 1 1 Year 1 – I’m Alive tropic  Autumn 1 Year 2 – Growing and Changing  **Physical Education**  **Assemblies**  **Wellbeing lessons** – 1 x 2 weekly  **Votes for Schools** 1 x weekly  **Focus weeks**   * Celebrating Difference * Keeping Safe * Wellbeing   **Maths -** My Money Week | **Mental Health and Emotional Wellbeing**  <https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint>  **Road Safety**  <https://www.think.gov.uk/education-resources/explore-education-resources/?age%5B0%5D=3-to-6&resource_type%5B%5D=lesson-plan>  **Sameness and Difference**  <https://www.pshe-association.org.uk/system/files/Teacher%20guidance%2C%20lessons%20%26%20resources_0.pdf>  **Drugs**  <https://cwpresources.co.uk/downloads/resources/Drugs%20Primary%20Resources%20-%20SAMPLE.pdf>  **Pants**  <https://learning.nspcc.org.uk/research-resources/schools/pants-teaching/>  **Online Safety**  <https://www.thinkuknow.co.uk/professionals/resources/jessie-and-friends>  **First Aid**  <https://lifeliveit.redcross.org.uk/en/What-is-first-aid>  **Inclusion, Belonging, Addressing Extremism**  <https://www.pshe-association.org.uk/curriculum-and-resources/resources/inclusion-belonging-addressing-extremism-%E2%80%94-ks1-2> |