



Burscough Bridge Methodist School
Caring and Learning Together

PHSE/RSE KEYSTAGE 1 CYCLE A



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Autumn 1 All About Me

To know we are all special, unique and have many talents.

R8: To identify and respect the differences and similarities between people.

L4: That they belong to different groups and communities such as family and school.

Autumn 2 Mental Wellbeing

H1: What constitutes and how to maintain a healthy lifestyle.

H4: About good and not so good feelings, a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings.

R1: To communicate their feelings to others, to recognise how others show feelings and how to respond.

Spring 1 - Caring Friendships

R9: To identify their special people (family, friends, carers) what makes them special and how special people should care for each other.

R2: To recognise that their behaviour can affect other people.

R4: To recognise what is fair / unfair, kind / unkind, right / wrong.

R6: To listen to other people and work / play co-operatively.

R13: To recognise different types of teasing and bullying and that these are wrong and unacceptable.

R12: To recognise when people are being unkind either to them or to others, how to respond and who to tell and what to say.

Spring 2 Physical Health and Fitness

H1: To know what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity.

H2: To make real, informed choices that improve their physical, emotional health, to recognise that choices can have good and not so good consequences.

H13: To know about people who look after them, their family networks, who to go to if they are worried and how to attract their attention.

H14: To know about the ways that pupils can help the people who look after them to more easily protect them.

Summer 1 Families and People Who Care for Me

R9: To identify their special people (family, friends, carers) what makes them special and how special people should care for each other.

H13: To know about people who look after them, their family networks, who to go to if they are worried and how to attract their attention.

L4: That they belong to different groups and communities such as family and school

Summer 2 - Healthy Eating

H1: To know what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health.