

	Lesson name	Lesson No.	Learning objective	Expected Standard (EXS)	Greater Depth (GDS)			Useful Resources	
	Introduction to RSE & PSHE					Mental Health Unit			
						Unit 1 - Understanding emotions	Week 1 - What are feelings? (Happy, sad, angry, scared) use emotion flashcards children guess the feeling		
KS1 RSE & PSHE Lesson Plan 1 Family and Relationships	What are families?	1	Knowledge: To understand that families look after us.	Understand that families can include a range of people.	Explain how and why families can be different, giving examples, and show respect for all family types.	Objective - To be able to recognise, name and talk about a range of feelings.	Week 2 - Facial expressions and Body language - make use of mirrors, feeling charades	Use feelings cards or emotion thermometer to check in.	
	What are friendships?	2	Knowledge: To begin to understand the importance and characteristics of positive friendships.	Understand who their friends are and what people like to do with friends.	Explain what makes a good friend and describe how friends support and care for one another in different situations.		Week 3 - My feelings chart - daily check in - create a class and individual feelings check in board.		
	Lesson 3: Recognising other people's emotions	3	Knowledge: To recognise how others show feelings and how to respond.	Describe what people might look like if they are feeling: angry, scared, upset or worried.	Explain how facial expressions, body language, and behaviour change with different emotions and justify how they know how someone is feeling.			Week 4 - Using words to express feelings	Books -
	Working with others.	4	Knowledge: To begin to understand how friendships can make us feel.	Understand the skills needed to work together in a group.	Demonstrate and explain group skills such as turn-taking, listening, and cooperation, adapting behaviour to support group success.			Week 5 - Feelings in stories - Identifying emotions in characters, what could I do to help the character feel better?	
	Lesson 5: Friendship problems	5	Knowledge: To begin to understand that friendships can have problems but we can overcome them.	Understand that friendships can have problems and learn ways to overcome these problems.	Explain common friendship problems and independently suggest fair and kind strategies to resolve them.			Week 6 - Creating a personal 'calm down strategy' which strategies did they find most useful throughout the term.	- The colour monster by Anna Lewis
	Lesson 6: Healthy friendships	6	Knowledge: To begin to understand that being friendly to others makes them feel welcome and included.	Understand how the actions of others can affect people.	Explain how actions and words can affect others' feelings and behaviour and reflect on how to make positive choices.	Unit 2 - Building friendships and kindness		Week 1 - What makes a good friend? (Twinkl resources)	
	Lesson 7: Gender stereotypes	7	Knowledge: To begin to understand what is meant by a stereotype.	Explain what a stereotype is.	Explain why stereotypes are unfair and describe how they can affect people's feelings and opportunities.	Objective - Develop empathy, sharing and cooperation		Week 2 - Sharing and taking turns	- Ruby's worry by Tom Percival (there is a youtube video on this)
KS1 PSHE Y1 Health and Wellbeing	Lesson 1: Understanding my emotions	1	Knowledge: To describe and understand my feelings and develop simple strategies for managing them.	Describe how they feel using appropriate vocabulary, recognising what different emotions might look/feel like. Describe situations which may provoke certain feelings.	Use a wide range of emotional vocabulary to explain how and why feelings change in different situations.		Week 3 - Kind words vs		
	Lesson 2: What am I like?	2	Knowledge: To recognise and celebrate my strengths and set simple but challenging goals.	Describe their own qualities and strengths and recognise something they want to get better at.	Explain their strengths and areas for improvement and describe steps they can take to develop new skills.		Week 4 - Listening skills	- Have you filled a bucket today? By Carol McCloud	
	Lesson 3: Ready for bed	3	Knowledge: To understand the benefits of physical activity and rest.	Describe their bedtime routine, explaining why sleep is important. Explain how rest and relaxation affects our bodies, including mental functions	Explain how sleep, rest, and relaxation support both physical health and learning, and independently choose appropriate relaxation strategies in different situations.		Week 5 - Resolving little conflicts (messages and compromise)		
	Lesson 4: Relaxation	4	Knowledge: To know how to relax in different ways.	Identify examples where they could use relaxation to help manage difficult emotions.			Week 6 - Celebrating friendships	- The huge bag of worries by Virginia Ir-Daily mindful minutes - guided breathing or nature listening. Feelings check in - circle time where children outside	
	Lesson 5: Hand washing and personal hygiene	5	Knowledge: To begin to understand how germs are spread and how we can stop them spreading.	Understand that germs can be spread via our hands. Know how to wash their hands properly	Explain how germs spread and describe when and why effective handwashing is particularly important	Unit 3 - Self awareness and confidence		Week 1 - I am special because... (all about me poster/flower)	
	Lesson 6: Sun safety	6	Knowledge: To begin to understand the risks associated with the sun.	Know the three things they need to do when out in the sun to keep safe	Explain why sun safety is important.	Objective - Build self esteem and recognise personal strengths		Week 2 - My superpowers (What I'm good at)	Resources -
	Lesson 7: Allergies	7	Knowledge: To begin to understand allergies.	Know people can be allergic to certain things and how to help with an allergic reaction	Explain why allergies can be serious and describe appropriate actions to take to help keep others safe.		Week 3 - Trying new things		
	Lesson 8: People who help us keep healthy	8	Knowledge: To understand that there are people in the local community who help to keep us healthy.	Understand that there are a range of people who help to keep us healthy.	Explain the different roles of people who help keep us healthy and describe how they support the community.		Week 4 - I can ask for help	- Twinkl have some useful resources such as How to be a good friend sorting cards, What I want in a friend, All about me flower.	
KS1 RSE & PSHE KS1 Safety and the Changing Body	Lesson 1: Adults in school	1	To know how to respond to adults in a safe and familiar context.	Know a number of adults in school.	Identify trusted adults in different settings and explain why it is important to seek help from them.		Week 5 - Setting simple goals	- Youtube - Cosmic kids for yoga.	
	Lesson 2: Adults outside school	2	To recognise how to respond to adults in a range of situations.	Know that they should speak to an adult if they are ever worried or feel uncomfortable about another adult.	Explain when and why it is important to speak to a trusted adult and describe how to do this confidently		Week 6 - Draw your safe place and trusted adults		
	Year 1 RSE & PSHE Lesson: What to Do if You Get Lost	3	To recognise what to do if you get lost.	Understand ways to keep safe and not get lost and know the steps to take if they do get lost.	Verbalise strategies how to stay safe in unfamiliar places and clearly explain the steps to take if they become lost.	Unit 4 - Healthy minds and bodies		Week 1 - Why sleep, food and water matter	
	Year 1 RSE & PSHE Lesson: Making an Emergency Phone Call	4	To know what an emergency is and how to make a phone call if needed.	Know the number for the emergency services and their own address.	Explain when and how to contact emergency services and give clear information about their location.	Objective - Understand the link between physical and mental wellbeing		Week 2 - How exercise helps our mood	
	Year 1 RSE & PSHE Lesson: Appropriate Contact	5	To begin to understand the difference between acceptable and unacceptable physical contact.	Understand that some types of physical contact are never acceptable.	Explain personal boundaries and confidently describe how to respond if physical contact makes them feel unsafe.			Week 3 - My calm space, what would it look like, what would be in it?	
	Year 1 RSE & PSHE Lesson: Safety with Substances	6	To begin to understand what is safe to put into or onto our bodies.	Know what can go into or onto the body and when they should check with an adult.	Explain why some substances may be unsafe and consistently check with a trusted adult before using them.			Week 4 - Mind body connection discussion (butterflies in my tummy etc)	
	Year 1 RSE & PSHE Lesson: Safety at Home	7	To recognise that there are dangers at home and how these can be avoided.	Understand that there are hazards in houses and know how to avoid them.	Identify potential hazards at home and explain strategies to reduce risk and stay safe.			Week 5 - Yoga and stretching for calm	
	Year 1 RSE & PSHE Lesson: People Who Help Keep Us Safe	8	To understand that there are people in the local community who help to keep us safe	Understand and name jobs that people do to help keep us safe.	Explain how different safety roles work together to protect people in the community.			Week 6 - Healthy habits stories eg Ruby's worry	
PSHE RSE Citizenship Lessons KS1 Y1 - Kapow Primary	Lesson 1: Rules	1	To recognise the importance of rules.	Explain why the class and school rules are important.	Explain how rules promote fairness, safety, and respect and suggest improvements to rules when appropriate.	Unit 5 - Managing worries	Week 1 - What is a worry?		
	Lesson 2: Caring for	2	To understand that animals have different	Discuss the different needs of a range of	Explain how pets' needs differ and describe the responsibilities	Objective - Develop basic coping strategies	Week 2 - Drawing our worries - Worry monsters		
	Lesson 3: The needs	3	To recognise some of the needs of babies and	Describe some of the needs of babies and	Explain why babies and young children have different needs and		Week 3 - Talking about worries - importance of sharing		
	Lesson 4: Similar yet	4	To begin to recognise ways in which we are	Recognise some similarities and differences	Explain how similarities and differences make groups and		Week 4 - Worry tree activity		
	Lesson 5: Belonging	5	To identify the range of groups that people	Identify some groups which they belong to.	Explain how belonging to different groups shapes identity and		Week 5 - Letting worries go - visualisation		
	Lesson 6: Democratic	6	To begin to recognise how democracy works.	Explain why voting is a fair way to make a	Explain how voting allows everyone's voice to be heard and		Week 6 - Gratitude tree - noticing the good.		
KS1 RSE & PSHE 1 Economic Wellbeing 1	Lesson 1: What is	1	To discover what money is and how it helps	Explain how children might get money.	Explain different ways money can be earned and describe the	Unit 6 - Resilience and change	Week 1 - What is resilience?		
	Lesson 2: Keeping	2	To consider ways to keep coins safe.	Explain some different ways to keep money	Explain why money needs to be kept safe and compare different	Adapt to change and increase the ability to	Week 2 - Trying again when its hard - I can't do it...yet!		
	Lesson 3: What is a	3	To recognise the purpose of banks and	Discuss the role of banks and building	Explain how banks and building societies help people manage,		Week 3 - Goal setting		
	Lesson 4: Saving and	4	To begin to understand the differences	Recognise that people may make different	Explain why people make different spending and saving choices		Week 4 - My support circle - Who helps me?		
	Lesson 5: Jobs in	5	To identify the different job roles adults	Explain that a range of jobs exist in school	Explain how different skills are suited to different school jobs		Week 5 - Moving on - saying goodbye and hello.		
	Lesson 6: Jobs out of	6	To identify and describe different jobs.	Explain that a range of jobs exist out of	Explain how jobs in the wider community require different skills		Week 6 - How have I grown?		
KS1 Y1: RSE/ PSHE: Transition Lesson - Kapow Primary	KS1 Y1: RSE/ PSHE: Transition Lesson - Kapow Primary	1	To understand their own strengths and to prepare for their move to a new class	To understand their own strengths and to prepare for their move to a new class					
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