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Year 1

Personal Development, Wellbeing and Safeguarding in our curriculum

Year 1: Foundations of Kindness & Emotion
Focus: Introducing basic social-emotional concepts

- Acts of kindness, helping others, and empathy
- Team sports & games – cooperation, fair play, respect
- Discussing moral lessons and feelings through stories
- Exploring emotions and understanding others
- Taking responsibility for classroom tasks
- Caring for the environment with patience
- Calmness and emotional control
- Helping others and understanding needs
- Simple problem-solving with peers
- Safe spaces to talk about feelings

Community Links - The SEA LIFE Trust

- Litter pick in school
- Litter pick in local park

Computing

- Recognise that devices like tablets and computers must be used with permission and supervision.
- Begin to understand the concept of personal information and why it should not be shared online.
- Know who to talk to if something online makes them feel sad, worried, or confused.
- Understand the importance of taking turns and sharing devices respectfully with others.
- Explore how technology can help us communicate and learn safely.

PSHE

- Pupils recognise, express, and manage a range of feelings in themselves and others.
- Pupils develop empathy, respect for differences, and positive relationships with peers and trusted adults.
- Pupils understand how to stay physically and emotionally safe, including recognising appropriate and inappropriate touch.
- Pupils know what to do if they feel unsafe, including how to seek help from trusted adults.
- Pupils distinguish between secrets and surprises and know not to keep secrets that make them feel uncomfortable or worried.
- Pupils understand the importance of personal hygiene, healthy routines, and how illness can spread.
- Pupils identify and describe changes in their bodies and emotions as they grow.
- Pupils know about the rights of the child and how these relate to their lives and safety.
- Pupils recognise similarities and differences between themselves and others and show respect for diverse views.
- Pupils contribute to creating a safe, pleasant, and inclusive environment.
- Pupils begin to understand money – where it comes from, how it can be used, saved, and kept safe.
- Pupils identify sources of information and begin to evaluate what is true or false.

Teaching opportunities include: school nurse sessions (covering handwashing and oral hygiene), assemblies, circle time, NSPCC Pantosaurus, and Clever Never Ever.

Promoting Future Aspirations Year 1: Exploring Aspirations Through Imagination. *Focus: Sparking curiosity and planting early seeds of ambition*

"When I Grow Up" Day – Children dress up as a profession they admire or are curious about.
"I Can Be..." Storytime – Read books that feature diverse jobs, dreams, and achievements.

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Science

- Understand and observe seasonal changes and their impact on the environment and living things, promoting awareness of safety (e.g. weather conditions like frost, heatwaves, and rain)
- Develop observational skills and encourage curiosity while ensuring safe handling of resources and tools (e.g. scissors, measuring equipment)
- Recognise the importance of sun protection and staying safe in hot weather (summer lesson)
- Understand the concept of hibernation and protection during colder months, fostering respect for animal wellbeing
- Promote safe use of everyday materials and tools in building and scientific enquiry activities
- Encourage hygienic and safe tasting activities when exploring senses such as taste and smell
- Develop knowledge of the human body and senses to foster personal awareness and promote self-care
- Encourage empathy and understanding of animals and their needs, including the differences between wild animals and pets, to support kindness and safety
- Promote safe exploration and respect for plants, recognising potentially harmful plants or environments
- Foster awareness of personal and environmental safety during outdoor activities (e.g. observing plants, collecting rainwater)
- Support emotional wellbeing by engaging children in hands-on, creative activities that build confidence and observational skills in a safe environment

RE

- Demonstrate respect for different beliefs, feelings, values, and cultural traditions.
- Recognise right from wrong, understand consequences, and make reasoned moral decisions.
- Express and manage emotions such as kindness, joy, hope, and gratitude through reflection and discussion.
- Develop self-awareness and confidently share personal beliefs and experiences in a safe environment.
- Build positive social skills through cooperative learning and respectful dialogue.
- Show empathy and understanding towards diverse cultural and religious practices.
- Promote inclusion, tolerance, and acceptance of differences within the community.
- Support mental wellbeing through creative activities like storytelling, art, and role play.
- Foster a sense of belonging by connecting to shared values and community celebrations.
- Ask thoughtful questions about life, faith, and beliefs in a respectful, non-judgmental space.
- Develop a strong moral compass and articulate views respectfully.
- Understand responsibility for caring for others and the environment.
- Recognise the importance of caring relationships and acts of kindness.
- Understand how feelings are expressed and managed during significant religious events.
- Appreciate the role of hygiene and respect in religious practices.
- Engage respectfully with diverse faith communities and their customs.
- Challenge misconceptions and stereotypes with an open, informed mindset.
- Demonstrate understanding of British values including mutual respect, tolerance, and individual liberty.

Votes for Schools: a weekly programme that gives pupils the chance to explore current issues, discuss them in class, and cast a vote on a key question. It develops critical thinking, respectful debate, and oracy skills, while supporting PSHE, SMSC, and British Values.

Underpinning Themes

Honesty: Learning to express thoughts openly and honest

Respect: Understand that everyone is unique and show empathy to all.

Kindness: Develop an understanding of kindness, showing it in daily interactions with friends, classmates, and teachers.

Co-operation: Understand the importance of working together, listening to others and contributing to group tasks.

Responsibility: Begin to understand the importance of being accountable for our actions. Take responsibility for small tasks and understand the consequences of choices.

Community: Begin to understand the concept of teamwork, helping classmates, and contributing to group tasks

Resilience: Never give up on dreams, ask for help and stay positive when faced with challenges.

Aspiration: Develop a sense of what we enjoy. Set simple, achievable goals and feel motivated to accomplish them with support.

Adaptability: Understand that things can change, and it's okay to try different ways of doing things, even if it feels unfamiliar at first.