

PSHCE – KS1 Yearly overview

Prepare our pupils to go out in to the world as rounded citizens that promote cultural capital characteristics.					
2019/2020 To open up the world	Cycle 1 2.9.19 – 25.10.19 (8 weeks) Identity and diversity Who do you think you are?	Cycle 2 4.11.19 – 20.12.19 (7 weeks) Peace and conflict Do our actions affect our futures?	Cycle 3 6.1.20 – 6.3.20 (8 weeks) Globalisation and interdependence What makes the world go round?	Cycle 4 9.3.20 – 8.5.20 (7 weeks) Human rights/Power and governance Do all superheroes wear capes?	Cycle 5 11.5.20 – 10.7.20 (7 weeks) Sustainable development To change or not to change?
Week 1			Happiness – When I feel happy (Y1) Happiness – What to do when you are not feeling happy.	Self-image – Why self-image is important (Y1) Self –image – I am ‘me’	Growth Mindset – How to build growth Mindset Growth (Y1) Mindset – What is it and why is it important?
Week 2			Mindfulness – Why is it good for us? (Y1) Mindfulness – self-assessment and its importance	A problem shared is a problem halved - Not all secrets can be kept(Y1) - Talking to someone we trust	Stress – what might cause stress (Y1) Stress – how to help with stress
Week 3			Anxiety – How anxiety makes us feel (Y1) Anxiety – what to do when I’m feeling anxious	Helping others get help - What to do when others need help (Y1) - Helping others who say they don’t need help	Relaxation – what is it and how it helps us (Y1) Relaxation – How relaxation and technology can work together.
Week 4			Feeling sad – how sadness makes us feel (Y1) Felling sad – how sadness can help us help ourselves	Relationships with others - Different types of relationships (Y1) - The benefits of a good relationship	Its ok not to be ok - What it’s like to feel ‘not ok’ (Y1) - How to help other who aren’t feeling ok
Week 5			Anger – managing anger (Y1) Anger – Anger and when we might feel angry		
Week 6			Dealing with Loss – Coping with loss (Y1) Dealing with loss – remembering lost loved ones	Problem solving and time management – What is it? (Y1) Problem solving and time management - Knowing how to problem solve.	Personal goal setting – how this helps us (Y1) Personal goal setting – how to set achievable personal goals
Week 7			Self-worth – Low self-worth and comparing ourselves to others (Y1) Self-worth – getting self-worth right	The art of failure – what failure is and why it is important (Y1) The art of failure – how failure can help us	