

KS1 TEAM			
 Lesson 1: Together Everyone Achieves More	PSHE Association Objectives	Health Objectives	Relationships Objectives
	R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives R2. to identify the people who love and care for them and what they do to help them feel cared for R23. to recognise the ways in which they are the same and different to others L4. about the different groups they belong to	Mental Wellbeing: the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	Families and People Who Care for Me: that families are important for children growing up because they can give love, security and stability Families and People Who Care for Me: the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives Families and People Who Care for Me: that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care Caring Friendships: how important friendships are in making us feel happy and secure, and how people choose and make friends Caring Friendships: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties Caring Friendships: that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded Respectful Relationships: the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs
Lesson 2: Listening	R22. about how to treat themselves and others with respect; how to be polite and courteous R24. how to listen to other people and play and work cooperatively		Families and People Who Care for Me: the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives Caring Friendships: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties

			Respectful Relationships: the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs Respectful Relationships: practical steps they can take in a range of different contexts to improve or support respectful relationships Respectful Relationships: the conventions of courtesy and manners Respectful Relationships: the importance of self-respect and how this links to their own happiness Respectful Relationships: that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority
Resource	PSHE Association Objectives	Health Objectives	Relationships Objectives
Lesson 3: Being Kind	R7. about how to recognise when they or someone else feels lonely and what to do R21. about what is kind and unkind behaviour, and how this can affect others R22. about how to treat themselves and others with respect; how to be polite and courteous	Mental Wellbeing: that mental wellbeing is a normal part of daily life, in the same way as physical health Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests Mental Wellbeing: isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support Mental Wellbeing: where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)	Families and People Who Care for Me: the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives Caring Friendships: how important friendships are in making us feel happy and secure, and how people choose and make friends Caring Friendships: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties Caring Friendships: that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded Respectful Relationships: the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs Respectful Relationships: practical steps they can take in a range of different contexts to improve or support respectful relationships Respectful Relationships: the conventions of courtesy and manners Respectful Relationships: that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority

			Online Relationships: that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous
Resource	PSHE Association Objectives	Health Objectives	Relationships Objectives
Lesson 4: Bullying and Teasing	R9. how to ask for help if a friendship is making them feel unhappy R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online R11. about how people may feel if they experience hurtful behaviour or bullying R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult	Mental Wellbeing: how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings Mental Wellbeing: isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support Mental Wellbeing: that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing Mental Wellbeing: where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online) Internet Safety and Harms: how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private Internet Safety and Harms: that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health	Caring Friendships: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties Caring Friendships: that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded Caring Friendships: how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed Respectful Relationships: the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs Respectful Relationships: practical steps they can take in a range of different contexts to improve or support respectful relationships Respectful Relationships: that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority Respectful Relationships: about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help Respectful Relationships: the importance of permission-seeking and giving in relationships with friends, peers and adults Online Relationships: that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous Being Safe: how to ask for advice or help for themselves or others, and to keep trying until they are heard

Resource	PSHE Association Objectives	Health Objectives	Relationships Objectives
Lesson 5: Brilliant Brains	H23. to identify what they are good at, what they like and dislike L14. that everyone has different strengths	Mental Wellbeing: that mental wellbeing is a normal part of daily life, in the same way as physical health Mental Wellbeing: that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations Mental Wellbeing: how to judge whether what they are feeling and how they are behaving is appropriate and proportionate Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	Respectful Relationships: the importance of self-respect and how this links to their own happiness
Lesson 6: Making Good Choices	H23. to identify what they are good at, what they like and dislike R21. about what is kind and unkind behaviour, and how this can affect others R22. about how to treat themselves and others with respect; how to be polite and courteous R24. how to listen to other people and play and work cooperatively	Mental Wellbeing: that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations Mental Wellbeing: how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings Mental Wellbeing: how to judge whether what they are feeling and how they are behaving is appropriate and proportionate	Respectful Relationships: the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs Respectful Relationships: practical steps they can take in a range of different contexts to improve or support respectful relationships Respectful Relationships: the conventions of courtesy and manners Respectful Relationships: the importance of self-respect and how this links to their own happiness Respectful Relationships: that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority