



Thomson House School

PSHE Curriculum

Year 1

At Thomson House we believe that every child should leave school with the social and emotional skills that they need to flourish in life and work. We equip Thomson House children with the skills they need to keep safe, cultivate good physical and mental health and maintain healthy relationships with family and friends. Our school values of kindness, courage and curiosity underpin every aspect of school life and we aim to ensure that every child has the opportunity to reflect on their own values in a safe and respectful environment.

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 / Extras |
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| Autumn 1 School Value: Kindness British Value: individual liberty | Class contract To know how they can contribute to the life of the classroom and school To know how we are going to treat each other this year; circle time game to get to know each other | Making new friends – To know ways in which we are the same as all other people; what we have in common with everyone else To find out about each other; likes & dislikes; favourite things | Respect for oneself To celebrate uniqueness and what makes them special - what is it about you that is different from everyone else? What makes you you? | Respect for others – To celebrate differences in each other. To recognise that their behaviour can affect other people. | Environmental/ sustainability– how can we take care of the planet in our own classroom? Why do we recycle? Why do we need to turn computers off when not using them? Why do we need to turn the tap off? | Positive Mental Health To recognise and describe different feelings in themselves and others See PSHE Association Lesson 1: We all have feelings Oct 10 th World Mental Health Day | Trip – Safety walk to Mortlake Green; Kew Gardens. Visitors – Mental health team (assembly) Performance – Show & Tell weekly; Harvest Festival. Safety – safe behaviour in and out of school Charity – Richmond Foodbank helping the homeless (Harvest). House Competition - handwriting British Value – individual liberty linked to making own choices |
| Assemblies | New beginnings - a fresh start. School values – kindness | The start of a new year – Judaism Rosh Hashanah. The importance of manners | Judaism - Yom Kippur and Sukkot Behaviour for Learning | Religious buildings and religious texts – Bible/ Torah/ Qu-ran Gratitude – Harvest Festival | Black History Month – Rosa Parkes, Harriet Tubman | Black History Month – Martin Luther King, Malcom X | RE block 1: What is religion? Talk about people and things that are special to them What religions and non-religions do we know? Religious buildings Religious texts |
| Autumn 2 School Value: Courage | Courage in the classroom – putting up your hand, speaking in class, participating in | Courage in school – playground manners; playing with different friends; what to do if | Anti-bullying week https://www.anti-bullyingalliance.org.uk/anti-bullying-week | Anti-bullying week To know about how people may feel if they | Environmental/ sustainability – how can we make the school more environmentally | Positive Mental Health - courage when performing nerves are normal; why do we get nervous; | Trip – Hampton Court, National Portrait Gallery Visitors – London Air Ambulance; Road safety team; Network Rail re station safety, pantomime |

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| British Value: Democracy | learning, collaborative learning To think about themselves, to learn from their experiences | we have no-one to play with; buddy bench | To know that bodies and feelings can be hurt by words and actions and that people can say hurtful things online | experience hurtful behaviour or bullying | friendly? Energy, water or litter waste. | what to do when feeling nervous; bodily functions & nerves. | Performance – Nativity Safety – anti-bullying; road/rail safety Charity – Children In Need House Competition - spelling Theme Week – Diversity and Inclusion British Value – democracy linked to how power has changed and development of women's rights |
| Assemblies | Diwali – Festival of Light | Remembrance Day | Anti-Bullying – what to do if you think you are being bullied | Hinduism – Rama and Sita | St Andrew, Patron Saint of Scotland Hanukah | Christmas – Advent, other beliefs and helping others Human Rights day – 10.12.21 | RE Block 2 - Christianity – Xmas story; celebrations; does everyone celebrate Xmas?; visit to a church; singing carols; the importance of Xmas to Christians |
| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 / Extras |
| Spring 1 School Value: Curiosity British Value: Democracy | New Year – turning over a new leaf What would you like to do differently? Goals to challenge yourself – at home and at school. To recognise and celebrate their strengths and set simple but challenging goals | Drugs Alcohol & Tobacco 1 To identify how to stay healthy See CWP plan | Drugs Alcohol & Tobacco 2 To explore when and how to take medicines safely See CWP plan | Drugs Alcohol & Tobacco 3 To identify who should be able to give us medicine See CWP plan | Safety When Using The Internet What is personal information? What is OK to share? What to do if you feel uncomfortable with the internet. | Positive Mental Health – the positives and negatives of screen time. | Trip – Richmond Toy Museum Visitors – Safer internet workshop, puppet workshop Performance – class assemblies; Show & Tell; THS Has Talent Safety – Safer Internet Day; medicines Charity – local children's charity, UNICEF House Competition – Talent Show British Value – democracy linked to electing school council |
| Vocabulary | | Healthy, unhealthy, well, unwell, ill, drug, medicine, tablet, injections, inhaler, adult, stranger, doctor, nurse, dentist, hospital | | | | | |
| Assemblies | Epiphany | New Year means a New You | Buddhism – the Buddhist new year | Being Curious & Taking Responsible Risks | Safer Internet Day | Chinese New Year | RE Block 3 Buddhism – story of enlightenment; what do |

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| | | | | | | | Buddhists wear and why: Buddhist flags |
| Spring 2 School Value: Kindness British Value: mutual tolerance and respect | Relationships & Sex 1 To understand that we are all different but can still be friends CWP lesson plan | Relationships & Sex 2 To discuss how children grow and change CWP lesson plan | Relationships & Sex 3 To explore different types of families and who to ask for help To identify who can help when families make us feel unhappy or unsafe CWP lesson plan | What makes a good friend? To recognise what is fair and unfair, kind and unkind, right and wrong. | Environmental/ sustainability How can we be less wasteful? (putting lids on pens so they don't run out, using things properly so they don't break, turning taps off). | Positive Mental Health – how positive relations can help us Who we can trust; who to go to if we need help at home / at school / out in public | Trip – V&A, Neasden Temple Visitors – India workshop; author workshop (WBD) Performance – class assembly; catwalk assembly; Spring concert Safety – safe and positive relationships. Charity – Red Nose Day / Sport Relief House Competition - sports Theme Week – Our Diverse Planet British Value – mutual tolerance and respect linked to India |
| Vocabulary | Friends, feelings, similar, different, family, boy, girl, male, female, private parts, penis, vulva | | | | | | |
| Assemblies | Valentine's Day – show love by being kind to each other | Lent & Pancake Day | St David's Day – patron saint of Wales | World Book Day – sharing a love of reading | St Patrick's Day – patron saint of Ireland | Mother's Day – being kind to our mothers and female relatives | RE Block 4 Hinduism – what do Hindus believe? Story of Rama & Sita; prayer and worship; visit to Neasden temple. The Easter Story; Palm Sunday – why is Easter important for Christians |
| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 / Extras |
| Summer 1 School Value: Courage British Value: Individual Liberty | Taking Responsible Risks and showing courage (Resilience building) To recognise risk in simple everyday situations and what action to take to minimise harm | Making Good Choices – a healthy lifestyle To know the mental and physical benefits of an active lifestyle What is a healthy lifestyle? How can we keep active? What is the benefit of exercise? Activity – learning a new skill | Healthy Eating – trying new foods What is a healthy diet? What is a balanced diet? Why is it important to try new foods? Activity – learning a new skill | Values, Money and Me Do the right thing https://www.valuesmoneyandme.co.uk/teachers/do-the-right-thing-ks1 To make a simple moral decision about money Activity – learning a new skill | Values, Money and Me Do the right thing https://www.valuesmoneyandme.co.uk/teachers/do-the-right-thing-ks1 To make a simple moral decision about money Activity – learning a new skill | Positive Mental Health - What have you enjoyed most about Y1? A questionnaire to complete about what they have liked / disliked about Y1. What have they learnt? Which trip they enjoyed most etc. Activity – learning a new skill | Trip – Barnes Wetlands Centre Visitors - Zoolab Performance – class assemblies Safety – taking responsible risks Charity – global charitable fund-raising House Competition – public speaking British Value – Individual liberty linked to Super Humans topic |

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| | Activity – learning a new skill | | | | | | |
| Assemblies | St George's Day – patron saint of England | Ramadan | Food Revolution Day | Building Resilience | How can we build our courage? | Reflecting on the year | RE Block 5 Humanism linked to Super Human topic. What is Humanism? What do Humanists believe? |
| Summer 2 School Value: Curiosity British Value: Rule of Law | Living in the Wider World Know that money comes from different sources and can be used for different purposes, including the concepts of spending and saving – linked to maths https://www.valuesmoneyandme.co.uk/teachers/i-want-it-ks2 Activity – looking after the environment by litter picking | Keeping Safe To know what to do if there is an accident and someone is hurt To know how to dial 999 and what to say https://www.nwas.nhs.uk/get-involved/children-youth/lesson-plans/ Activity – looking after the environment by litter picking | Transition to Y2 What are the big differences between Year 1 and Year 2? Exploring offsite PE in Year 2 and preparing for Sports Day Activity – looking after the environment by litter picking | Transition to Y2 What will I be learning in Y2? School Council – what does it do? How can I be a school councillor? Activity – looking after the environment by litter picking | Transition to Y2 Getting to know my new class. Meeting my new teacher and visiting my new classroom. Activity – looking after the environment by litter picking | Positive Mental Health -Transition to Y2 Clearing up any misconceptions / worries about moving into the new year group. Activity – looking after the environment by litter picking | Trip – Mortlake Green Visitors – motivational sports personality Performance – sports day; summer concert Safety – picking up litter, World Environment Day Charity – global charitable fund-raising House Comp - sports day Theme Week - physical & mental well-being. British Value – rule of law linked to animals and the planet |
| Assemblies | Looking forward to next year | Theme Week Launch | Father's Day – what our dads/ male relatives do for us | Moving On and Moving Up | Introducing & welcoming new teachers | Summer holidays – what to do | RE Block 6 – re-cap of the year linking art with Christianity in stained glass windows. |