

Year 1 PSHE Overview (SCARF and My Happy Mind)

Autumn 1

Me and My Relationships (SCARF)

Meet your Brain (My Happy Mind)

DfE Statutory Requirements	Lesson Plan Title	Lesson Plan Learning Outcomes
RR2, RR3	Why we have classroom rules	<ul style="list-style-type: none"> - Understand that classroom rules help everyone to learn and be safe; - Explain their classroom rules and be able to contribute to making these.
	Meet your Brain Lesson 1	<ul style="list-style-type: none"> - What our brain looks like and how it helps us - Learning that the brain has three parts.
MW1, MW2, MW4, MW7	Our feelings	<ul style="list-style-type: none"> - Identify a range of feelings; - Identify how feelings might make us behave; - Suggest strategies for someone experiencing 'not so good' feelings to manage these.
	Meet your Brain Lesson 2	<ul style="list-style-type: none"> - Learning about how our brain helps us - Learning what neuroplasticity is - Learning how Team H-A-P helps us to be our best self
	Meet your Brain Lesson 3	<ul style="list-style-type: none"> - What happens when Team H-A-P is happy and sad - How you can help Team H-A-P
FPC3, FPC4	Our special people balloons	<ul style="list-style-type: none"> - Recognise that they belong to various groups and communities such as their family; - Explain how these people help us and we can also help them to help us.
CF1, CF2, CF3	Good friends	<ul style="list-style-type: none"> - Identify simple qualities of friendship; - Suggest simple strategies for making up.
	Meet your Brain Lesson 4	<ul style="list-style-type: none"> - Happy breathing and how it helps us - How our brain reacts differently to different situations <p>*Could be linked to SCARF lesson – 'how are you listening'?</p>

Autumn 2

Valuing Difference (SCARF)

Celebrate (My Happy Mind)

DfE Statutory Requirements	Lesson Plan Title	Lesson Plan Learning Outcomes
	Meet your Brain Lesson 5	<ul style="list-style-type: none"> - Recap lesson prior to starting 'Celebrate' - Thinking about how we can use our knowledge from Meet the Brain
FPC3, FPC4, RR1, RR2	Same or different?	<ul style="list-style-type: none"> - Identify the differences and similarities between people; - Empathise with those who are different from them; - Begin to appreciate the positive aspects of these differences.
CF2, CF3, CF4, RR5, RR6, MW8	Unkind, tease or bully?	<ul style="list-style-type: none"> - Explain the difference between unkindness, teasing and bullying; - Understand that bullying is usually quite rare.
CF2, CF3, CF4, RR2, RR3	It's not fair!	<ul style="list-style-type: none"> - Recognise and explain what is fair and unfair, kind and unkind;

		- Suggest ways they can show kindness to others.
	Celebrate Lesson 1 Celebrate Lesson 2	- Learning what character is - Learning how character makes us special - Learning about character strengths and why it is important to use them
	Celebrate Lesson 3	- Types of characters strengths we use most and why they are important
	Celebrate Lesson 4	- How we use our strengths and thinking about what we use the most.

Spring 1

Keeping Myself Safe (SCARF)

Appreciate (My Happy Mind)

DfE Statutory Requirements	Lesson Plan Title	Lesson Plan Learning Outcomes
	Appreciate Lesson 1	- Learn what appreciate means - Ways to show appreciation - Who we are grateful for
HP3	Super sleep	- Recognise the importance of sleep in maintaining a healthy, balanced lifestyle; - Identify simple bedtime routines that promote healthy sleep.
FPC6, CF2, CF3, CF4, RR5, RR6, BS5, MW8	Who can help?	- Recognise emotions and physical feelings associated with feeling unsafe; - Identify people who can help them when they feel unsafe.
	Appreciation Lesson 2	- Learning how important showing gratitude is and how it makes us feel - Learning to appreciate ourselves
	Appreciation Lesson 3	- Learning about gratitude for experiences - Learning why gratitude makes us feel good
MW2	Harold loses Geoffrey	- Recognise the range of feelings that are associated with loss.
DAT1	What could Harold do?	- Understand that medicines can sometimes make people feel better when they're ill; - Explain simple issues of safety and responsibility about medicines and their use.
FPC6, RR8, BS1, BS2, BS5, BS7, BS8	Good or bad touches?	- Understand and learn the PANTS rules; - Name and know which parts should be private; - Explain the difference between appropriate and inappropriate touch; - Understand that they have the right to say "no" to unwanted touch; - Start thinking about who they trust and who they can ask for help.

Spring 2

Rights and Respect (SCARF)money

Relate (My Happy Mind)

DfE Statutory Requirements	Lesson Plan Title	Lesson Plan Learning Outcomes
Wider PSHE curriculum (not covered by DfE statutory requirements)	Around and about the school	- Identify what they like about the school environment; - Recognise who cares for and looks after the school environment.
	Relate Lesson 1	- Learning what relate means

		- Learning how our character strengths and differences can help us relate
	Relate Lesson 2	- Learning how to relate to people - Learning about active listening
	Relate Lesson 3	- Learning how relating to other people helps us to get along with them - Thinking about other people's opinions
Wider PSHE curriculum (not covered by DfE statutory requirements)	Harold's money	- Explain where people get money from; - List some of the things that money may be spent on in a family home.
Wider PSHE curriculum (not covered by DfE statutory requirements)	How should we look after our money?	- Recognise that different notes and coins have different monetary value; - Explain the importance of keeping money safe; - Identify safe places to keep money; - Understand the concept of 'saving money' (i.e. by keeping it in a safe placed and adding to it).

Summer

Being My Best (SCARF) Engage (My Happy Mind)

DfE Statutory Requirements	Lesson Plan Title	Lesson Plan Learning Outcomes
HE1, HE2, HE3	I can eat a rainbow	- Recognise the importance of fruit and vegetables in their daily diet; - Know that eating at least five portions of vegetables and fruit a day helps to maintain health.
HE1, HE2, HE3	Eat well	- Recognise that they may have different tastes in food to others; - Select foods from the Eatwell Guide (formerly Eatwell Plate) in order to make a healthy lunch; - Recognise which foods we need to eat more of and which we need to eat less of to be healthy.
HP5	Catch it! Bin it! Kill it!	- Understand how diseases can spread; - Recognise and use simple strategies for preventing the spread of diseases.
	Engage Lesson 1	- Learning what engage means - Recapping habits that we have learnt to help us feel good
	Engage Lesson 2	- How we can achieve our goals when we feel good - How to set goals
CF2, CF5, RR1, RR3, RR5	Pass on the praise!	- Demonstrate attentive listening skills; - Suggest simple strategies for resolving conflict situations; - Give and receive positive feedback, and experience how this makes them feel.
CF2, CF4, RR2, RR3, RR5	Harold has a bad day	- Recognise how a person's behaviour (including their own) can affect other people.
	Engage Lesson 3	- How to stay focussed when things get tough - Believing in ourselves and how this helps us to be our best
	Engage Lesson 4	- Recapping everything we have learnt this year - Thinking about how we can share our learnings with other people

Additional Notes:

During Internet Safety Week, please refer to SCARF lesson within 'Keeping Myself Safe'

RR8,OR1-5, BS1, 2, 6 ISH 1, 3, 5, 7	Sharing pictures	- Start thinking about how to stay safe online, including safety around sharing images; Identify people they can trust to help if they see something online that makes them feel scared or uncomfortable.
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