

CHARLES DARWIN COMMUNITY PRIMARY SCHOOL PSHCE CURRICULUM						Year 1
Term	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
My Happy Mind						
Unit	Meet Your Brain	Celebrate	Appreciate	Relate	Engage	
NC Statutory Requirements	H1, H4, H9, H11, H12, H13, H14, H15, H16, H17, H18, H19, H24 R10, R11, R25	H21, H22, H23 R22, R23, R25 L6, L14	R2, R22, R25	R1, R6, R7, R8, R11, R21, R22, R23, R24, R25 L6	R25	
Lessons	<p>I know where my brain is in my body and what it looks like.</p> <p>I know that our brain has 3 main parts, and it works best when they work together. The 3 parts are Team H-A -P, Hippocampus, Amygdala and Prefrontal Cortex.</p> <p>I understand that when we feel big emotions, our Amygdala can react and take over our brain, sending the Hippocampus and Prefrontal Cortex to sleep.</p> <p>I know that Happy Breathing wakes up the Hippocampus and Prefrontal Cortex</p>	<p>I know that Character Strengths make us unique and special.</p> <p>I can talk about the 5 Character Strengths and what they mean: 1.Love and Kindness 2.Bravery and Honesty 3.Exploring and Learning 4.Teamwork and Friendship 5.Love of Life and our World</p> <p>I know that our strengths are like superpowers, and when we use them, it helps us to be our best and feel happy.</p> <p>I know that it is nice to tell other people when they use their strengths, as it makes them feel good</p>	<p>I can talk about what types of things we Appreciate, and how we show Appreciation.</p> <p>I know you can appreciate others, experiences and themselves and not just material things.</p> <p>I know the categories on the Wheel of Gratitude.</p> <p>I know that showing gratitude makes me feel good; when we make someone feel good, it makes us feel good too.</p>	<p>I know that relate means to get along with others and understand another person and that they can relate with family, friends, and teachers in different ways.</p> <p>I know my character strengths help me get along with others.</p> <p>I know what Active Listening is.</p> <p>I understand that Happy Breathing can help me if I have big emotions when falling out with friends.</p>	<p>I know what engage means and what types of things I can engage in.</p> <p>I know when I engage in something and feel happy, I can do the activity better.</p> <p>That they can set goals; sometimes these can be to do with learning, and other times they are to do with a hobby.</p> <p>How to set a class goal using the 3 steps.</p> <p>That setting goals and achieving them can make Team H-A-P happy too.</p>	

NO OUTSIDERS						
TEXTS	Under the stars By Rosie Adams	Elmer By David McKee	Ten Little Pirates By Mike Brownlow	Spacegirl Pukes By Katie Watson	That's not how you do it By Ariane Hofmann-Maniyar	My World, Your World By Melanie Walsh
KPI	To be tolerant	To like the way I am	To play with boys and girls	To understand families can be different	To respect and enjoy our differences	To understand we share the world with lots of people
NC Statutory Requirements						
RSE taught Summer 2						
Lesson Objectives from Medway Public Health Directorate	1. My special people We are learning about the special people in our lives and how we care for one another					
NC Statutory Requirements	R1, R2, R20 L2					
Drug and Alcohol Education						
Lesson Objectives from Medway Public Health Directorate	Lesson 1 Keeping safe: Things that go into and on to bodies Pupils learn about the things that go into and onto bodies and how this can make people feel					
NC Statutory Requirements	H1, H6, H29, H31					
LIVING IN THE WIDER WORLD						
ASSEMBLIES and focus lessons	Fairtrade Fortnight Recycle week British Values European day of languages Black History Month Hello Yellow – World Mental Health	Firework Safety Anti-Bullying Week Inter-Faith week Remembrance UK Parliament week	Rail Safety Safer Internet Comic Relief	British Values World Book Day Children's Mental Health Week International Women's Day British Science Week Speak Out Stay Safe Neurodiversity week		World Environment day World Ocean day Sun Safety World Refugee Week

Charities	Jeans for Genes Hello Yellow		Comic Relief	NSPCC		
Religious Festivals	Yom Kippur Diwali	Advent Christmas	Chinese New Year	Ramadan Holi Eid Al Fitr Easter		Eid al Adha
No Outsiders and Protected Characteristics assembly	RACE Mixed – Arree Chung Premier League Stars website videos	RELIGION Welcome to Our World: A Celebration of Children Everywhere!	GENDER My Shadow is Pink Rosa Plays Ball	DISABILITY I am Not a Label We Are All Wonders	AGE	FAMILIES/MARRIAGE Fantastic Families All Kinds of Families