

## What is covered in Year 1?

### Y1 Families and relationships

Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, people show feelings differently and that stereotyping is unfair



### Y1 Citizenship

Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy



### Y1 Safety and the changing body

Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe



### \*New for 24/25 \* Y1 Economic wellbeing

Learning about a range of money and bank functions including cash safety, spending, saving and jobs.



### Y1 Health and wellbeing

Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, identifying and dealing with allergic reactions, people in the community who keep us healthy



## PERSONAL, SOCIAL & HEALTH EDUCATION (PSHE) - YEAR 1

### PARENT INFORMATION



Anagh Coar Primary School  
2024



## What is PSHE?

Our Kapow PSHE lessons aim to give the children the knowledge, skills and attitudes that they need to effectively navigate the complexities of life in the 21st Century. The curriculum covers key areas which will support children to make informed choices now and in the future around healthy, safety, wellbeing, relationships and financial matters and will support them in becoming confident individuals and active members of society.

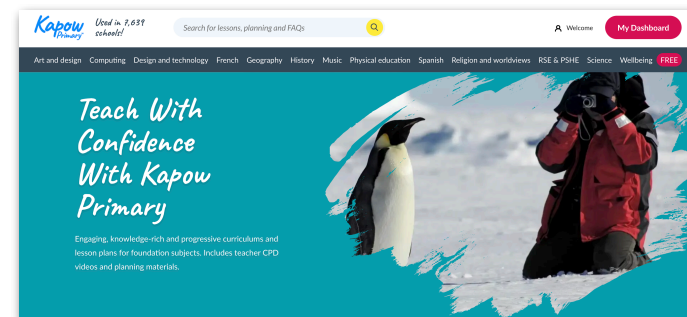


## Why have we chosen Kapow?

We have chosen Kapow to deliver our PSHE lessons as we feel it is an engaging programme with coverage of all the key issues we feel our children need to learn about. The scheme uses a range of teaching and learning activities which are based on good practice in teaching PSHE education to ensure that all children can access learning and make progress. In each year group, an introductory lesson provides the opportunity for children and teachers to negotiate ground rules for the lessons. These introductory lessons can then be referred to throughout the year to help create a safe environment. As with all our subjects at Anagh Coar, all lessons within PSHE include ideas for differentiation to stretch the most able learners and give additional support to those who need it. In many lessons, stories, scenarios, and video clips provide the opportunity for children to engage in real life and current topics in a safe and structured way. Role-play activities are also included to help children play out scenarios that they may find themselves in.

There are meaningful opportunities for cross-curricular learning, in particular with computing for online safety and science for growing, nutrition, teeth, diet and lifestyle. The scheme provides consistent messages throughout the age ranges including how and where to access help.

As the children progress through their years at Anagh Coar, they can utilise their PSHE learning within their daily lives, from dealing with friendship issues, to resilience, to making healthy choices and knowing where and how to get help when needed. The overall aim is for children to be able to make informed choices and decisions.



You can find out more about this scheme on their website - although this is mainly geared towards education staff to use to help them to understand and deliver what needs to be taught.

<https://www.kapowprimary.com>