



**Theme Overview: Me and my world**

Through this unit the children will be exploring how they are unique. They will learn to understand they have a variety of emotions and start learning how to manage these as well as helping other to manage their own emotions. They will be introduced to the concepts of rights and responsibilities and understand how they play a part.

**Unit Outcomes**

By the end of this unit the children will have a better understanding of their own unique qualities and how to develop positive relationships with others. They will be given the opportunity to evaluate situations to start learning how to solve conflict positively and how they can develop their own sense of being responsible.

**Skills Focus**

**Main Skills Focus:**

**PSHE at Bland's Infant School:**

In our school, the teaching of Personal, Social and Health Education (PSHE) enables our children to become healthy, independent and responsible members of a society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We strive to provide our children with learning opportunities in specific lessons, circle time, and group activities that enrich pupils' experiences. It allows pupils to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive

**PSHE Ethos**

- This is an opportunity for the children to move away from traditional learning at tables.
- Children will sit in a circle on chairs, facing each other, to take part in dialogue and not only develop their confidence in speaking but also their ability to listen to their peers.
- A calm, safe environment will be promoted throughout starting with belly breathing to focus the children.
- The children will take turns to speak.
- They are all encouraged to speak but they have the right to pass.
- There is an emphasis on respect for all and promoting the use of positive, uplifting and inclusive language.

**Sequence of Learning**

**Lesson 1**

**LI: To know how to keep myself safe.**

At the start of each half term all the children in the school will explore how we keep ourselves safe as well as knowing how to get help when it is needed. The range of topics covered are as follows:  
Trusted adults; how to find / ask for help; situations that require asking for help; road safety; understanding the purpose of adults wearing lanyards in school; having an awareness and understanding cyber safety and

**Lesson 2**


**LI: To know how we are part of a group and can be similar and different.**

The children will start to explore the concept of uniqueness. They will start to understand similarities and differences by comparing toys. Then they will deepen their understanding by exploring what their favourite toys are and realise that not everyone likes the same things.

**Lesson 3**

**LI: To start to understand my emotions.**

The children will explore the different emotions they feel. This will include positive and negative emotions as they are all relevant and acceptable to feel. They will try to relate these emotions to situations to create a better understanding. The children will then further this understanding by learning that we can support each other even when we are angry and also how we can deal with those negative emotions.

<p>role in contributing to school life and the wider community.</p>	<p>understanding different emotions and how to deal with worries.</p>		
	<p><b>Lesson 4</b>  <b>LI: To start to learn how to work together and be understanding to other people's emotions.</b></p> <p>The children will explore the concept of teamwork. They will think about how it might feel if people refused to help each other. They will be given a task to do as a class and think about how it feels to complete a big task with help as opposed to working alone.</p>	<p><b>Lesson 5</b>  <b>LI: To show we care for others by being kind and gentle.</b></p> <p>The children will learn about kindness and how to treat each other well by responding to a situation where a child at another school is being treated badly and not included. They will learn about the importance of being kind and gentle and relate this back to the school's values. The children will write a letter to this child and offer suggestions of how they can stand up for themselves and what appropriate ways of behaving are.</p> 	<p><b>Lesson 6</b>  <b>LI: To start to understand what it means to be responsible.</b></p> <p>The children will explore on their rights and responsibilities as a member of the class. This will include their learning as well as looking after their learning environment. They will think about the part they can all play to make sure everyone has the most productive time at school.</p>

