

All of the above areas will be taught through careful discussions and activities, where the children's self-esteem goes hand in hand with accurate information as well as where/ when they can go to get more information at their level. Our aim is to ensure the children grow up to be able to be proud, confident, happy children who know it is ok to ask for help and advice.

St George's PSHE curriculum 2016



During this term we are going to be learning about how we can be healthy, how we can make (and keep) friends, how we grow up and change as well as how we can keep ourselves safe.

At St George's Primary School, we aim to teach the children about themselves, their surroundings, who they can turn to for advice and how to make good choices. Below are some examples of the areas we will be covering. If you have any questions, please feel free to come and talk to the class teachers who will be able to discuss the lessons in more detail.

Year 1

We will be talking about ourselves and why I should be happy to be me. We will look at the concepts of growing older and what changes occur, sequencing photos from baby, to toddler, infant, teenager and adult. We will be talking about how we celebrate birthdays and how these could be similar or very different celebrations from our friends.

The children will think about what it might be like to welcome a new-born baby into the home and what our role might be as the big brother or big sister.

As part of everyday school life we will be reminded of personal hygiene and the importance of washing your hands, brushing your teeth and washing/ showering regularly.

Through story and circle time we will be learning about how and why we use medicines. Some of us may use medicines regularly because we have medical conditions e.g asthma, or how we use other forms of medicine e.g cough syrup that are just used occasionally. We will talk about how and why we should store medicines safely and how to keep ourselves safe.

Children will discuss how to recognise safe and unsafe situations e.g they will be reminded to stay in school until they are collected by an adult. Children will discuss safe places to play and what to do if they get lost. We shall discuss good and bad secrets e.g a hidden birthday present.

We will discuss our emotions and feelings, we will share our feelings with others by drawing pictures, singing songs and learning to describe how we feel. We will talk about any worries we may have and how sharing a worry can make us feel better. We will continue celebrate all of our achievements this year.

