



Know Yourself, Grow Yourself – Fulbourn Primary School Personal Development Programme



Lower School Years 1/2

Year A	PSHE Scheme Unit Links	Candle Times
Autumn 1 – Building our Tribe	<p style="text-align: center;">Tribe Week BB1/2</p> <p style="text-align: center;">Do I understand simple ways to help my school feel like a safe, happy place? How can I get to know the people in my class? How do I feel when I am doing something new?</p> <p style="text-align: center;">RR 1/2</p> <p style="text-align: center;">How do rules and conventions help me to feel happy & safe? How do I take part in making rules? Who looks after me and what are their responsibilities?</p> <p style="text-align: center;">WT 1/2</p> <p style="text-align: center;">How can I work well in a group? Why is it important to take turns?</p> <p style="text-align: center;">ME 1/2</p> <p style="text-align: center;">What am I good at and what is special about me?</p> <p style="text-align: center;">PS 1/2</p> <p style="text-align: center;">Can I identify different feelings and tell others how I feel? Which school/classroom rules are about helping people to feel safe? Can I name my own Early Warning Signs? How do I know which adults and friends I can trust? Who could I talk with if I have a worry or need to ask for help? What could I do if a friend or someone in my family isn't kind to me? Can I identify private body parts and say 'no' to unwanted touch? What could I do if I feel worried about a secret? What could I do if something worries or upsets me when I am online?</p>	<ol style="list-style-type: none"> 1. Refresh Talk books and Bubble Time routines 2. Who could I talk to if I have a worry or need to ask for help? (inc external support – 999, NSPCC etc) 3. Responsive / celebration – belonging 4. Online safety 5. Responsive / celebration – belonging 6. Healthy friendships – Can I describe what a good friend is? Managing conflict (conflict resolution)
Autumn 2 – Anti Bullying and Belonging	<p style="text-align: center;">Anti-bullying week: AB 1/2</p> <p style="text-align: center;">Why might people fall out with their friends? Can I describe what bullying is? Do I understand some of the reasons people bully others?</p> <p style="text-align: center;">DC 1/2</p> <p style="text-align: center;">What makes me 'me', what makes you 'you'?</p>	<ol style="list-style-type: none"> 1. Our talents and skills – links to Skills Builder 2. Healthy friendships – Why is telling the truth important? Managing conflict 3. Responsive / celebration – belonging 4. Online safety

	<p>Do all boys and all girls like the same things? What is my family like and how are other families different?</p> <p>DE 1/2 What different things can help me feel better if I feel poorly? How can I keep safe with medicines and substances at home and at school? What is persuasion and how does it feel to be persuaded?</p> <p>First Aid – Allergies – Allergy School lessons EYFS – What shall I have on my pizza? KS1 – Everyone can have fun at the party!</p>	<p>5. Responsive / celebration – belonging</p> <p>6. Responsive / celebration – belonging</p>
Spring 1 – Digital Lifestyle	<p>WT1/2 What am I and other people good at? What new skills would I like to develop?</p> <p>Digital Lifestyles What are some examples of ways in which I use technology and the internet and what are the benefits? What is meant by “identity” and how might someone’s identity online be different from their identity in the physical world? What are some examples of online content or contact which might mean I feel unsafe, worried or upset?</p> <p>ME 1/2 How can I stand up for myself? Can I name some different feelings?</p>	<p>1. Refresh Talk books and Bubble Time routines</p> <p>2. Who could I talk to if I have a worry or need to ask for help?</p> <p>3. Responsive / celebration – belonging</p> <p>4. Online safety</p> <p>5. Healthy friendships – What skills do I need to choose, make and develop friendships? Managing conflict</p>
Spring 2 – Growing and Changing	<p>AB1/2 Why is bullying never acceptable or respectful? How might people feel if they are being bullied?</p> <p>RSE RS1 What are the names of the main parts of the body? What can my amazing body do? When am I in charge of my actions and my body? How can I keep my body clean? How can I avoid spreading common illnesses and diseases?</p>	<p>1. Our talents and skills – links to Skills Builder</p> <p>2. Healthy friendships – what is a healthy friendship? Managing conflict</p> <p>3. Responsive / celebration – belonging</p> <p>4. Online safety</p> <p>5. Responsive / celebration - belonging</p>
Summer 1 – Being my Best	<p>Tribe Day: Financial Capability Where does money come from and where does it go when we ‘use’ it? How might I get money and what can I do with it? How do we pay for things?</p> <p>WT 1/2 How are my skills useful in a group?</p> <p>ME 1/2 Can I describe situations in which I might feel happy, sad, cross etc?</p>	<p>1. Refresh Talk books and Bubble Time routines</p> <p>2. Who could I talk to if I have a worry or need to ask for help? (inc external support – 999, NSPCC etc)</p> <p>3. Responsive / celebration – belonging</p> <p>4. Online safety</p> <p>5. Healthy friendships –How might friendships go wrong and how does it feel? Managing conflict</p>

	How do my feelings and actions affect others?	
Summer 2 – Healthy Me	<p>MC 1/2</p> <p>How are my achievements, skills and responsibilities changing and what else might change? How might people feel during times of loss and change? How do friendships change?</p> <p>HL 1/2</p> <p>How can I stay as healthy as possible? What does it feel like to be healthy? What does healthy eating mean and why is it important? Why is it important to be active & what are the opportunities for physical activity?</p>	<ol style="list-style-type: none"> 1. Our talents and skills – links to Skills Builder 2. Healthy friendships – Managing conflict 3. Responsive / celebration – belonging 4. Online safety 5. Responsive / celebration – belonging

Year B	PSHE Scheme Unit Links	Candle Times
Autumn 1 – Building our Tribe	<p>Tribe Week</p> <p>BB1/2</p> <p>How can I help someone feel welcome in class? What helps me manage in new situations? Who can help me at home and at school?</p> <p>RR 1/2</p> <p>What jobs and responsibilities do I have in school and at home? Can I listen to other people, share my views and take turns? Can I take part in discussions and decisions in class?</p> <p>WT 1/2</p> <p>What is a useful evaluation? How can I negotiate to sort out disagreements?</p> <p>ME 1/2</p> <p>How do I manage some of my emotions and associated behaviours?</p> <p>PS 1/2</p> <p>Can I identify different feelings and tell others how I feel? Which school/classroom rules are about helping people to feel safe? Can I name my own Early Warning Signs? How do I know which adults and friends I can trust? Who could I talk with if I have a worry or need to ask for help? What could I do if a friend or someone in my family isn't kind to me? Can I identify private body parts and say 'no' to unwanted touch? What could I do if I feel worried about a secret?</p>	<ol style="list-style-type: none"> 1. Refresh Talk books and Bubble Time routines 2. Who could I talk to if I have a worry or need to ask for help? (inc external support – 999, NSPCC etc) 3. Responsive / celebration – belonging 4. Online safety - What could I do if something worries or upsets me when I am online? 5. Responsive / celebration – belonging 6. Healthy friendships – what is a good friend? Managing conflict (conflict resolution)

<p>Autumn 2 – Anti Bullying and Belonging</p>	<p style="text-align: center;">Anti-bullying week AB 1/2 Who can I talk to if I have worries about friendship difficulties or bullying? How can I be assertive? Do I know what to do if I think someone is being bullied?</p> <p style="text-align: center;">DC 1/2 What different groups do we belong to?</p> <p style="text-align: center;">DE 1/2 Which substances might enter our bodies, how do they get there and what do they do? What are medicines and why and when do some people use them? When and why do people have an injection from a doctor or a nurse? Who is in charge of what medicine I take?</p>	<ol style="list-style-type: none"> 1. Our talents and skills – links to Skills Builder 2. Healthy friendships – How can I try to mend friendships when things have become difficult? Managing conflict 3. Responsive / celebration – belonging 4. Online safety 5. Responsive / celebration – belonging 6. Responsive / celebration – belonging
<p>Spring 1 – Digital Lifestyle</p>	<p style="text-align: center;">WT 1/2 How can I listen well to other people?</p> <p style="text-align: center;">Digital Lifestyles What sort of information might I choose to put online and what do I need to consider before I do so? When might I need to report something and how would I do this? What sort of rules can help to keep us safer and healthier when using technology? Who can help me if I have questions or concerns about what I experience online or about others' online behaviour?</p> <p style="text-align: center;">ME 1/2 What are the different ways people might relax and what helps me to feel relaxed?</p>	<ol style="list-style-type: none"> 1. Refresh Talk books and Bubble Time routines 2. Who could I talk to if I have a worry or need to ask for help? 3. Responsive / celebration – belonging 4. Online safety 5. Healthy friendships –What is my personal space and how do I talk to people about it? Managing conflict
<p>Spring 2 – Growing and Changing</p>	<p style="text-align: center;">AB 1/2 How do people help me to build positive and safe relationships? What does my school do to stop bullying?</p> <p style="text-align: center;">RSE RS2 How do babies change and grow? How have I changed since I was a baby? What's growing in that bump? What do babies and children need from their families? Which stable, caring relationships are at the heart of families I know? What are my responsibilities now I'm growing up?</p>	<ol style="list-style-type: none"> 1. Our talents and skills – links to Skills Builder 2. Healthy friendships – what is a healthy friendship? Managing conflict 3. Responsive / celebration – belonging 4. Online safety 5. Responsive / celebration - belonging
<p>Summer 1 – Being my Best</p>	<p style="text-align: center;">Tribe Day: Financial Capability What does it mean to have more or less money than you need? How do I feel about money? How do my choices affect me, my family, others? What is a charity?</p> <p style="text-align: center;">DC 1/2</p>	<ol style="list-style-type: none"> 1. Refresh Talk books and Bubble Time routines 2. Who could I talk to if I have a worry or need to ask for help? (inc external support – 999, NSPCC etc) 3. Responsive / celebration – belonging

	<p>What is a stereotype and can I give some examples? Who helps people in my locality and what help do they need? What does 'my community' mean and how does it feel to be part of it?</p> <p>WT 1/2 How can I work well in a group? Why is it important to take turns?</p> <p>ME 1/2 Who do I share my feelings with?</p>	<p>4. Online safety</p> <p>5. Healthy friendships –Who is in my family and how do we care for each other? Managing conflict</p>
<p>Summer 2 – Healthy Me</p>	<p>MC 1/2 What helps me to feel calmer when I am experiencing strong emotions linked to loss and change? How might people feel when they lose a special possession? When can I make choices about changes?</p> <p>HL 1/2 What foods do I like and dislike and why? What can help us eat healthily? Why do we need food? What healthy choices can I make?</p>	<p>1. Our talents and skills – links to Skills Builder</p> <p>2. Healthy friendships –Who are my special people? Why are they special and how do they support me? Managing conflict</p> <p>3. Responsive / celebration – belonging</p> <p>4. Online safety</p> <p>5. Responsive / celebration – belonging</p>