

	KS1 VIPs		
	PSHE Association Objectives	Health Objectives	Relationships Objectives
Lesson 1: Who Are Your VIPs?	<p>H33. about the people whose job it is to help keep us safe</p> <p>R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives</p> <p>R2. to identify the people who love and care for them and what they do to help them feel cared for</p>	<p>Mental Wellbeing: how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p>	<p>Families and People Who Care for Me: that families are important for children growing up because they can give love, security and stability</p> <p>Families and People Who Care for Me: the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives</p> <p>Families and People Who Care for Me: that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care</p> <p>Families and People Who Care for Me: that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up</p> <p>Caring Friendships: how important friendships are in making us feel happy and secure, and how people choose and make friends</p> <p>Caring Friendships: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</p> <p>Respectful Relationships: practical steps they can take in a range of different contexts to improve or support respectful relationships</p>
Lesson 2: Families	<p>H33. about the people whose job it is to help keep us safe</p> <p>R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives</p> <p>R2. to identify the people who love and care for them and what they do to help them feel cared for</p> <p>R3. about different types of families including those that may be different to their own</p>	<p>Mental Wellbeing: how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p> <p>Mental Wellbeing: isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</p>	<p>Families and People Who Care for Me: that families are important for children growing up because they can give love, security and stability</p> <p>Families and People Who Care for Me: the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives</p> <p>Families and People Who Care for Me: that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care</p>

	<p>R4. to identify common features of family life</p> <p>R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried</p>		<p>Families and People Who Care for Me: that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up</p> <p>Families and People Who Care for Me: how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed</p> <p>Respectful Relationships: practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>Being Safe: how to recognise and report feelings of being unsafe or feeling bad about any adult</p> <p>Being Safe: how to ask for advice or help for themselves or others, and to keep trying until they are heard</p> <p>Being Safe: how to report concerns or abuse, and the vocabulary and confidence needed to do so</p>
Resource	PSHE Association Objectives	Health Objectives	Relationships Objectives
<p>Lesson 3: Friends</p>	<p>H14. how to recognise what others might be feeling</p> <p>H16. about ways of sharing feelings; a range of words to describe feelings</p> <p>R6. about how people make friends and what makes a good friendship</p>	<p>Mental Wellbeing: how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p> <p>Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p> <p>Mental Wellbeing: isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</p>	<p>Caring Friendships: how important friendships are in making us feel happy and secure, and how people choose and make friends</p> <p>Caring Friendships: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</p> <p>Caring Friendships: that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</p> <p>Caring Friendships: that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right</p> <p>Caring Friendships: how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed</p> <p>Respectful Relationships: practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>Respectful Relationships: the importance of self-respect and how this links to their own happiness</p>

			Online Relationships: that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous
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Lesson 4: Falling Out	<p>H23. to identify what they are good at, what they like and dislike</p> <p>R8. simple strategies to resolve arguments between friends positively</p> <p>R9. how to ask for help if a friendship is making them feel unhappy</p> <p>R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online</p> <p>R11. about how people may feel if they experience hurtful behaviour or bullying</p> <p>R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult</p> <p>R16. about how to respond if physical contact makes them feel uncomfortable or unsafe</p> <p>R24. how to listen to other people and play and work cooperatively</p> <p>R25. how to talk about and share their opinions on things that matter to them</p>	<p>Mental Wellbeing: that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations</p> <p>Mental Wellbeing: how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p> <p>Mental Wellbeing: how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</p> <p>Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p> <p>Mental Wellbeing: isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</p> <p>Mental Wellbeing: that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing</p> <p>Mental Wellbeing: where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)</p> <p>Internet Safety and Harms: that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health</p>	<p>Caring Friendships: how important friendships are in making us feel happy and secure, and how people choose and make friends</p> <p>Caring Friendships: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</p> <p>Caring Friendships: that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right</p> <p>Caring Friendships: how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed</p> <p>Respectful Relationships: the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</p> <p>Respectful Relationships: practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>Respectful Relationships: the importance of self-respect and how this links to their own happiness</p> <p>Respectful Relationships: about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help</p> <p>Being Safe: that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</p>
Lesson 5: Working Together	<p>R21. about what is kind and unkind behaviour, and how this can affect others</p> <p>R24. how to listen to other people and play and work cooperatively</p>	<p>Mental Wellbeing: how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p>	<p>Caring Friendships: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</p>

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<p>Lesson 6: Showing You Care</p>	<p>H14. how to recognise what others might be feeling</p> <p>H16. about ways of sharing feelings; a range of words to describe feelings</p> <p>R7. about how to recognise when they or someone else feels lonely and what to do</p>	<p>Mental Wellbeing: that mental wellbeing is a normal part of daily life, in the same way as physical health</p> <p>Mental Wellbeing: that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations</p> <p>Mental Wellbeing: how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p> <p>Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p> <p>Mental Wellbeing: isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</p> <p>Mental Wellbeing: where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)</p>	<p>Families and People Who Care for Me: that families are important for children growing up because they can give love, security and stability</p> <p>Families and People Who Care for Me: the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives</p> <p>Families and People Who Care for Me: that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up</p> <p>Caring Friendships: how important friendships are in making us feel happy and secure, and how people choose and make friends</p> <p>Caring Friendships: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</p> <p>Caring Friendships: that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</p> <p>Respectful Relationships: practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>Respectful Relationships: the importance of self-respect and how this links to their own happiness</p> <p>Online Relationships: that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous</p>