

Year 1+2 PSHE Curriculum at William Davis



Aims

- Explain the structure of the PSHE curriculum at WD.
- Explain the statutory RHE duties for schools - what must be taught
- Share Relationships and Health Education (RHE) curriculum content for Y1-2
- Share Online safety video

The PSHE Curriculum at WD

PSHE Big Ideas










Personal, Social, Health Education includes the new RHE curriculum but also covers other topics.








The 'Big Ideas' are revisited each year so that children's learning is built upon and their understanding deepens.

This is called our 'learning Journey.'

The Year 1 PSHE Curriculum

 <p>Feelings and Emotions</p>	Identifying feelings/ jealousy
 <p>Responsibility</p>	Being responsible at home (Telling the truth about accidents)
 <p>Health and Wellbeing</p>	Washing hands and keeping clean
 <p>Relationships</p>	Friendship Families and the human lifecycle
 <p>Citizenship</p>	Looking after animals
 <p>Online Safety</p>	Online Bullying
 <p>Risk and Safety</p>	Road safety

The Year 2 PSHE Curriculum

 <p>Feelings and Emotions</p>	Identifying feelings/ worry and anger
 <p>Responsibility</p>	Practice makes perfect. Being kind to others
 <p>Health and Wellbeing</p>	Brushing teeth Healthy eating
 <p>Relationships</p>	Bullying and body language. Male and female differences.
 <p>Citizenship</p>	Looking after our seas and oceans Caring for living things
 <p>Online Safety</p>	Image sharing
 <p>Risk and Safety</p>	Safety in the home. Tying shoelaces.

The RHE Curriculum 2026

Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, and teachers

July 2025

1. Greater focus on online safety.
2. Now statutory to teach specific body parts, including genitalia.
3. Additional of personal safety- eg fire safety and water safety.
4. Addition of learning about loss and bereavement.
5. Focus on children developing the skills to keep themselves safe and healthy.

The new guidance must be in place from September 2026.

There are very little changes for us at William Davis as our current PSHE curriculum already includes the majority of the changes.

How do we approach Relationships and Health Education at William Davis?


Age- appropriate.

Focus on building positive and respectful relationships.

Understanding and respecting similarities and differences.

Supporting the safeguarding of children.

In order to do these things, it is essential to show the children images of different people, families, places, food, places of worship etc and to discuss these sensitively but honestly.



Year 1 RELATIONSHIPS LESSONS



Friendship

Learning Outcomes

By the end of the lesson, you should:



- Understand how to be a good friend
- Be able to recognise kind and thoughtful behaviours
- Understand the importance of caring about other people's feelings
- Be able to see a situation from another person's point of view

The children watch a video where two friends argue about what game to play. They consider which child's point of view they agree with and learn that to be a good friend we need to take turns in choosing games.





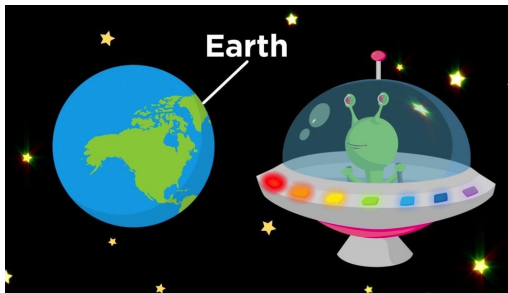
Growing in Our World

Learning Outcomes

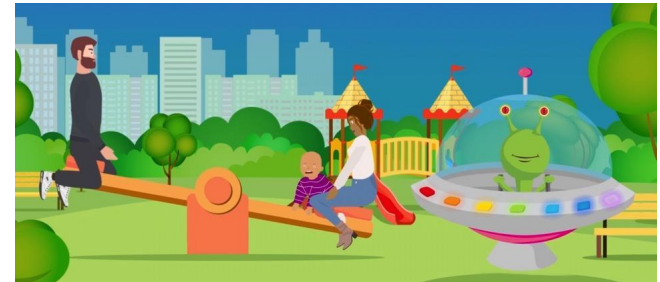
By the end of the lesson, you should:



- Understand the needs of a baby
- Be able to recognise what you can do for yourself now you are older
- Be able to describe the common features of family life
- Be able to recognise the ways in which your family is special and unique



Children watch a video about an alien that visits earth and learns about humans and families.



Different Kinds of Family....



Children talk about their own family and how they are special. They learn that there are lots of different kinds of family, and that they are all special to the people in them. They learn that although families may look different they are characterised by love and care for each other.



Human Life Cycle.....



Children learn about what a baby needs. They learn about what things they can do for themselves as they get older. They learn that this is a life cycle that repeats over and over again.

Year 2 RELATIONSHIPS LESSONS



Bullying

Learning Outcomes

By the end of the lesson, you should:



- Be able to name a range of feelings
- Understand why we should care about other people's feelings
- Be able to see and understand bullying behaviours
- Know how to cope with these bullying behaviours



Children watch a video about a boy being bullied at school. They have to decide which boy has the right response to the situation.



Body Language

Learning Outcomes

By the end of the lesson, you should:



- Be able to recognise and name a range of feelings
- Understand that feelings can be shown without words
- Be able to see a situation from another person's point of view
- Understand why it is important to care about other people's feelings

The children watch a video about 4 friends discussing a trip to a theme park. They consider the body language and what it says about the girl's feelings.



Male and female differences...

The children learn about gender stereotypes and identify the similarities and differences between males and females.



Male and female differences..

The children are then asked some key questions to generate thinking and challenge stereotypes.

Is it true that only boys wear trousers?

Do all girls like princesses?

Do girls like playing football?

Male and female differences

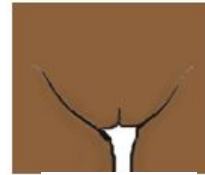
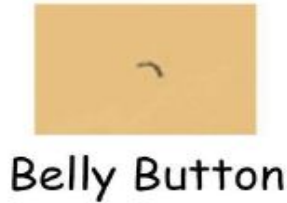
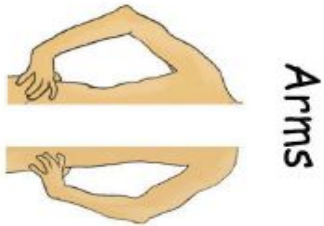
The children explore the differences between male and female animals. They also learn that growing up is part of the life cycle of all animals.



Male and female differences...

- Finally the children learn the scientific names for different parts of the body. They learn that male and female bodies have parts that are unique to them but that some parts are the same.
- The vocabulary introduced in Year 2 is as below..

This builds on Y1 Science:
Naming the main parts of the human body.



Male and female differences..

Children sort the body parts into these 3 groups

Boy Girl Everyone

What next?

- We will continue to share our RHE curriculum with parents every year.
- A copy of this presentation will be available on our website.
- We will finalise any changes to our current curriculum ready for September and will share this with parents at the start of the new school year.

Any questions?