

YEAR 1 UNIT 2: Health and Wellbeing (Autumn); Purpose: To understand how to lead a safe and healthy life
Enquiry question: How can we keep safe and happy (emotional health, risks, anti-bullying and voting)

Related Units:

RECEPTION – Health and Wellbeing (Autumn): What makes us special?

Year 2 – Health and Wellbeing: How do we self-regulate our emotions (emotional health, risks, anti-bullying and conflict resolution)

Unit overview	Vocabulary	Knowledge, Skills and Concepts
National Curriculum Links: C6: 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. F1: that mental wellbeing is a normal part of daily life, in the same way as physical health. F2: 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. F3: 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. F4: how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. F7: isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. F8: that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. F9: 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).	• Safe • Voting • Bullying • Unkindness • Emotions • Positive • Negative	In this unit, pupils are learning: • To understand why voting is important • To know what bullying is • To know a range of emotions • To understand positive and negative emotions

Related Books/Resources	Whole School/Community Links	Assessment Opportunities
Updated Ealing PSHE SoW > Short Term Planning > Autumn > Year 1 - Suggested lesson slides - Suggested resources - Assessment opportunity resources Anti-Bullying Week (Lessons and Resources) http://www.anti-bullyingalliance.org.uk/	Collective Worship At beginning of unit, discuss what it means to set a goal and, through discussion, generate a brief list of whole class goals to display in classroom. Goals can be linked to school values/rules/dispositions or be more specific to year group. LEPS Links - MindUp - Zones of regulation - Worry boxes - School Council - Collective worship External Links and Themed Weeks Anti-Bullying Week (16/11 – 20/11/2020) - Student council elections - Visit to parliament - Visit from local councillor - Health Fair - Visit to a dentist/from a dentist - Visit from oral health promoter Parent, professional and community visitors to be discussed with member of PSHE Intent Team and SLT.	Self-Assessment Pupils to complete self-assessment sheet at beginning of Autumn Term and then at the end of Summer Term (in a different colour). Self-assessment sheets to be compiled by class teacher and handed over to next teacher as part of transition. Assessment - Why is voting important? - What is bullying? - Name 2 positive emotions - Name 2 negative emotions Evidence Gathering Compile evidence of learning, from the above assessment opportunities, in individual PSHE books.