



PERSONAL, SOCIAL, HEALTH EDUCATION AND CITIZENSHIP and SEAL

Year 1, Term 1a

WEEK NO.	LESSON TITLE	LEARNING OBJECTIVES	KEY QUESTIONS	TEACHING STRATEGIES & RESOURCES
1	New Beginnings session 1 Our Special Class Rules	To understand and agree the class rules.	What are our rules?	Circle time rules and skills- F.S.1 session 1 Blue Book – New Beginnings
2	New Beginnings session 2 Our Special playground Rules	To understand and agree the playground rules.	What are the rules in the playground? How can I make it a safe place?	Make own playground rules poster.
3	New Beginnings session 3 I am special.	To know that everyone is special.	Why am I special?	Photo cards Paper streamers
4	New Beginnings session 4 Understanding others feelings.	To understand other peoples feelings e.g. excited, confused	How do I feel today?	feeling fans photo cards Blue book-Puppet story pg.9-11
5	New Beginnings session 5 Managing uncomfortable feelings	To know how to manage their uncomfortable feelings.	How do I feel today? How can I help myself stay calm?	Photo cards relaxation poster Relaxation techniques list

*Lesson taken from the “*Spell Binder Education 2001*” PSHE Scheme of Work.



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6	New Beginnings session 6 Managing uncomfortable feelings	To know how to help others manage their uncomfortable feelings.	How can I help people who feel upset?	Photo cards relaxation poster Relaxation techniques list
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Year 1, Term 1b

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