

# **PERSONAL & SOCIAL DEVELOPMENT**

## **Syllabus for Primary Schools**

# YEAR 1

# **LEARNING OUTCOMES**

**for**

**YEAR 1**

<b>1.1 GROUP BUILDING</b>	<b>1.2 MYSELF</b>	<b>1.3 RELATIONSHIPS</b>	<b>1.4 HEALTH AND SAFETY</b>	<b>1.5 CLOSURE</b>
1.1.1 Getting To Know Each Other	1.2.1 This Is Me	1.3.1 Getting Along With People Around Me	1.4.1 Safe People, Safe Places	1.5.1 This Year
1.1.2 Taking Care Of The School Environment	1.2.2 How I Feel!	1.3.2 Friends	1.4.2 My Body	1.5.2 Evaluation
1.1.3 Taking Care Of Each Other	1.2.3 It's Good To Be Me	1.3.3 Trust	1.4.3 Keeping Myself Safe At Home	1.5.3 Looking Forward
1.1.4 Ground Rules. Who Is In Charge?	1.2.4 Communication	1.3.4 Sharing And Ownership	1.4.4 Keeping Myself Safe Outside	1.5.4 Goodbye
		1.3.5 Bullying		
		1.3.6 My Special People		
		1.3.7 People Who Take Care Of Me		
		1.3.8 People Who Help Me		

**PROGRAMME**

**for**

**YEAR 1**

## 1.1 Group Building:

Learning Outcomes	Notes
<b>1.1.1 Getting To Know Each Other</b>	<ul style="list-style-type: none"><li>• To help children to get to know each other's names</li><li>• To help children to get acquainted with their teacher.</li><li>• To help children to learn about each other's favourite things.</li><li>• To introduce the concept of Magic Circle</li></ul>
<b>1.1.2 Taking Care Of School Environment</b>	<ul style="list-style-type: none"><li>• To strengthen children's sense of belonging to their class.</li><li>• To make children aware of the importance of taking care of their classroom.</li><li>• To help children realise the importance of taking care of their things and those of others, focussing on basic feelings e.g. anger, happiness etc.</li></ul>
<b>1.1.3 Taking Care Of Each Other</b>	<ul style="list-style-type: none"><li>• To make children aware that, with what they do and say, they can hurt each other.</li><li>• To appreciate the importance of caring for each other.</li><li>• To help children develop skills for caring for each other.</li></ul>
<b>1.1.4. Ground Rules. Who Is In Charge?</b>	<ul style="list-style-type: none"><li>• To help children consider the concept of respecting one another.</li><li>• To consider the importance of having and respecting rules.</li><li>• To help children come up with ideas of what they need to do to take care of their classmates so that every member enjoys the lesson.</li><li>• To help children develop ways for keeping these rules.</li></ul>

## 1.2 Myself:

Learning Outcomes	Notes
1.2.1 This Is Me	<ul style="list-style-type: none"> <li>• To emphasise the importance of knowing personal details and the details of a person responsible for you.</li> <li>• To establish how safe it is to share these details with others.</li> <li>• To identify whom to share these details with.</li> </ul>
1.2.2 How I Feel!	<ul style="list-style-type: none"> <li>• To be able to identify different feelings.</li> <li>• To be able to identify how different circumstances make me feel.</li> </ul>
1.2.3 It's Good To Be Me	<ul style="list-style-type: none"> <li>• To become aware of my likes and dislikes.</li> <li>• To learn how these effect how I feel.</li> <li>• To identify and celebrate achievements so far, e.g. stars gained etc.</li> </ul>
1.2.4 Communication	<ul style="list-style-type: none"> <li>• To make children aware of the importance of talking to each other and asking questions.</li> <li>• To make children aware of the importance of listening to their teacher and class mates.</li> <li>• To make children aware of the importance of expressing and sharing how they feel with important others.</li> </ul>

### 1.3 Relationships:

Learning Outcomes	Notes
1.3.1 Getting Along With People Around Me	<ul style="list-style-type: none"> <li>• To strengthen the group and instil a greater sense of belonging.</li> <li>• To understand the concept of accepting others and its importance.</li> </ul>
1.3.2 Friends	<ul style="list-style-type: none"> <li>• To identify the people one likes to spend one's time with.</li> <li>• To recognise the importance of playing and working in teams.</li> </ul>
1.3.3 Trust	<ul style="list-style-type: none"> <li>• To define what trust is.</li> <li>• To be able to identify the people that one trusts.</li> </ul>
1.3.4 Sharing And Ownership	<ul style="list-style-type: none"> <li>• To understand what it means to share and the importance of sharing.</li> <li>• To become aware of the things they consider to be valuable to them.</li> <li>• To introduce the importance of taking care of their valuable things.</li> </ul>
1.3.5 Bullying	<ul style="list-style-type: none"> <li>• To identify what bullying is.</li> <li>• To be able to recognise acts of bullying, both physical and verbal.</li> <li>• To introduce the concept of assertiveness.</li> </ul>
1.3.6 My Special People	<ul style="list-style-type: none"> <li>• To help recognise that there are adults and friends in their lives that are special.</li> <li>• To be able to identify who those special people are.</li> <li>• To become aware of and understand the importance of showing gratitude.</li> </ul>
1.3.7 People Who Take Care Of Me	<ul style="list-style-type: none"> <li>• To identify who the people that take care of me are (i.e. teachers, relatives, authority, etc.).</li> <li>• To explore how these people take care of me.</li> </ul>
1.3.8 People Who Help Me	<ul style="list-style-type: none"> <li>• To identify situations where I need help.</li> <li>• To become aware of the importance of asking for help.</li> <li>• To identify the people that can help me.</li> </ul>



## 1.4 Health And Safety:

Learning Outcomes	Notes
1.4.1 Safe People, Safe Places	<ul style="list-style-type: none"> <li>• To teach children to trust and listen to their inner alarm system.</li> <li>• To have children recognise that keeping secrets should depend on how that secret makes them feel.</li> <li>• To teach children the importance of using the statement “I’m going to tell” in situations that make them feel bad.</li> </ul>
1.4.2 My Body	<ul style="list-style-type: none"> <li>• To instil in children that their body belongs to them.</li> <li>• To help children recognise that there are some touches that are acceptable for them and others, are not.</li> <li>• To make children aware that they can speak up when touching makes them feel bad.</li> </ul>
1.4.3 Keeping Myself Safe At Home	<ul style="list-style-type: none"> <li>• To recognise that there should be rules at home to help to keep them safe.</li> <li>• To be able to recognise dangers in the home.</li> <li>• To help children identify ways for reducing or eliminating these dangers.</li> </ul>
1.4.4 Keeping Myself Safe Outside	<ul style="list-style-type: none"> <li>• To identify dangers encountered outdoors.</li> <li>• To tackle skills for crossing the road, keeping themselves safe on the roads.</li> <li>• To reinforce the importance of knowing their personal details and the name of a responsible adult.</li> <li>• To remember that they need to chose who to trust with this information.</li> </ul>

## 1.5 Closure:

Learning Outcomes	Notes
1.5.1 This Year	<ul style="list-style-type: none"><li>• To explore what was special about this last year.</li><li>• To reflect on the experience of the first year at school.</li></ul>
1.5.2 Evaluation	<ul style="list-style-type: none"><li>• To consider the changes that the children have undergone during this year.</li><li>• To allow the children to express their feelings about this year.</li></ul>
1.5.3 Looking Forward	<ul style="list-style-type: none"><li>• To allow the children to express their feelings about ending this school year and moving to Year 2.</li></ul>
1.5.4 Goodbye	<ul style="list-style-type: none"><li>• To discuss how the children are going to spend the holidays</li><li>• To wrap up the year and create a healthy parting atmosphere.</li></ul>