



## Key Stage 1

Where parents wish to bring themselves up to speed with the online resources we use for PSHE, please find below a list websites. These websites cover both sites which will be used within lessons as well as some which are of particular reference to parents.

### **Being Healthy**

[www.gov.uk/government/publications/the-eatwellguide](http://www.gov.uk/government/publications/the-eatwellguide)  
[www.nhs.uk/change4life](http://www.nhs.uk/change4life)  
[www.foodafactoflife.org.uk/](http://www.foodafactoflife.org.uk/)  
[https://www.youtube.com/watch?v=met9h\\_GQEVC](https://www.youtube.com/watch?v=met9h_GQEVC)  
<https://www.youtube.com/watch?v=3bCoGC532p8>

### **Growing Up**

<https://www.bbc.co.uk/teach/class-clips-video/emperor-penguins-no-narration/zm3ygwx>  
<https://www.nspcc.org.uk/>

### **Bullying Matters**

<https://www.bbc.co.uk/bitesize/clips/zcqypyrd>  
<https://www.bbc.co.uk/bitesize/clips/zkhmhyc>  
<https://www.thinkuknow.co.uk/parents/jessie-and-friends/>

## **Being Me**

<https://www.bbc.co.uk/teach/class-clips-video/what-makes-me-me/z46hf4j>

## **Difference and Diversity**

<https://www.stonewall.org.uk/resources/different-families-same-love-pack>

<https://www.youtube.com/watch?v=MjK1J0jUxD4>

## **Being Responsible**

<https://www.bbc.co.uk/bitesize/clips/z9p9j6f>

<https://www.eco-schoolsni.org/eco-schoolsni/documents/006512.pdf>

## **Being Safe**

<https://www.think.gov.uk/>

<https://www.childnet.com/resources/digiduck-stories>

[https://www.thinkuknow.co.uk/4\\_7/](https://www.thinkuknow.co.uk/4_7/)

<https://www.childnet.com/resources/smartie-the-penguin>

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

## **Relationships**

<https://www.bbc.co.uk/bitesize/clips/zyw9wmn>

<https://www.bbc.co.uk/bitesize/clips/ztc3cdm>

## **Money Matters**

<https://www.bankofengland.co.uk/banknotes/5-pound-note>