

PSHE

Y1



Relationships

Relationships- Team - Everyone Achieves More Autumn 1

CORE

Talk about the teams I belong to.

Be a good listener.

Explain how to be kind and why it is important.

Talk about unkind behaviour like teasing and bullying.

Explain how to be a positive learner.

Identify good and not so good choices

Relationships-Be Yourself Spring 2

CORE

Talk about what makes me special

Name some of the different feelings I have and can describe how they feel.

Talk about things I like that make me feel happy.

Talk about the things that make me feel unhappy or cross and have ideas about what to do when I have these feelings.

Discuss how change and loss make me feel.

Share what I think and feel with confidence.

Health and Wellbeing

Changing me -It's My body Summer 1

CORE

Know I can choose what happens to my body.

Can make healthy choices about sleep and exercise.

Can make healthy choices about food and drink.

Know how to keep my body clean.

Know what is safe to eat and drink.

Choose to keep my mind and body healthy and safe.

Mental wellbeing Think Positive Autumn 2

CORE

Understand how happy thoughts can make me feel good.

Make good choices and consider the impact of my decisions.

Set myself goals and consider how to achieve them.

Discuss my feelings and opinions with others and cope with difficult emotions.

Discuss things I am thankful for and focus on what I do have, rather than what I don't.

Focus on what is happening now and how I am feeling.

Life in the wider world

Being resilient - Aiming High Summer 2

CORE

Think of star qualities I already have and those that I would like to develop.

Explain how positive learning attitude can help me.

Talk about jobs that people can do and tell my friends what I want to be when I grow up.

Understand that it is a person's interests and skills that make them suited to doing a job.

Think about things I would like to do in the future.

Think about changes which might happen to me and consider how I feel about them.

Being part of a community - Diverse Britain Spring 1

CORE

Describe ways that i can help my school community.

Describe ways that I can be a good neighbour.

Identify things that help and harm my neighbourhood.

Describe what it is like to live in the British Isles.

Explore how people live in the British Isles can be different and how they can be the same.

Talk about being British and living in the British Isles.

Relationships

Relationships- VIPS Autumn 1

CORE

Talk about the very important people in my life and explain why they are special.

Describe why families are important.

Describe what makes a good friend.

Describe ways to help resolve arguments and disagreements without being unkind.

Cooperate with others to achieve a task.

Describe how I can show my special people that I care about them and I understand why this is important.

Relationships- Digital wellbeing Spring 2

CORE

Talk about ways in which the internet is useful.

Know how to balance screen time with other activities and understand why this is important.

Know how to stay safe online.

Explain why we keep personal information private.

Know how to communicate online in ways that show kindness and respect.

Understand that not everything on the internet is true.

Health and Wellbeing

Changing me Growing Up Summer 2

CORE

Can Name the main body parts of boys and girls bodies.

Understand how to respect my own and other people's bodies.

Understand that we are all different and different people like different things.

Talk about my family and others' families.

Describe how I will change as I get older.

Describe things that might change in a person's life and how it might make them feel.

Mental wellbeing Safety First Autumn 2

CORE

Know how to stay safe and who can help if I feel unsafe.

Know how to stay safe at home.

Know how to stay safe when I am out and about.

Keep myself safe in different situations with people I don't know.

Know what I can share and what I can keep private to myself and keep others safe.

Know who to go to if I need help.

Life in the wider world

Being part of a community- One World Spring 1

CORE

Explore family life in different countries and say how it is the same as mine and how it is different.

Discuss homes and home life from around the world and say how they are the same as mine and how they are different.

Explain what it is like to go to school in other countries and say how it is the same as or different from my school.

Explore places where people live which are different from where I live.

Think about how people use things from the Earth and what problems this can cause.

Say why it is important to care for the Earth and identify how I can help to protect it.

Jobs and money - Money Matters Summer 1

CORE

Explain the different forms money comes in.

Explain where money comes from.

Explain how to keep money safe and why this is important.

Explain choices I have about spending money and why it is important to keep track of what I spend.

Explain the difference between things we want and the things we need

Explain what happens when we go shopping.

Life in the wider world

Celebrating difference -Diverse Britain Spring 1

CORE

Describe what it is like to live in the British Isles.

Talk about what democracy is and understand why it is important.

Talk about what rules and laws and identify how they help us.

Talk about what liberty means and identify the rights of British people.

Describe a diverse society and talk about why it is important.

Explain what being British means to me and to others.

Economic Wellbeing-Aspirations Aiming High Summer 2

CORE

Identify achievements and suggest how actions can help achieve.

Identify personal goals and suggest actions to achieve them.

Explain how positive learning attitude helps learn new things.

Identify skills and attributes needed to do certain jobs.

Understand we should all have equal opportunities to follow career ambitions.

Discuss what job I might like to do and the skills I will need to achieve this.

Relationships

Team Together Everyone Achieves More Autumn 1

CORE

Talk about changes and how they might make me feel.

Explain how and why we should work well as a team.

Describe how my actions and behaviour affect my team.

Pay attention and respond considerately to others.

Describe why disputes might happen and strategies to resolve them.

Talk about my responsibilities towards my team.

Be Yourself Spring 2

CORE

Say the things about myself which I am proud of.

Identify the feelings I have and describe how different emotions feel.

Describe different ways to cope with any uncomfortable feelings I may have and understand why this is important.

Know how to be assertive.

Explore messages given by the media and decide if they are helpful or harmful.

Identify different strategies I can use if I make a mistake.

Health and Wellbeing

Mental wellbeing- Think Positive Autumn 2

CORE

understand that having a positive attitude is good for our mental health.

Recognise and manage positive and negative thoughts effectively.

Understand that some changes can be difficult but that there are things we can do to cope.

Use mindfulness techniques to keep calm.

Identify uncomfortable emotions and manage them effectively.

Apply a positive attitude towards learning and take on new challenges.

Changing me- It's My Body Summer 1

CORE

Choose what happens to my body and get help with any concerns.

Know how to keep my body healthy.

Know why it is important to get enough sleep.

Understand the importance of hygiene and what to do if unwell.

Know how to take medicine safely and keep safe around drugs.

How to make better choices and choose healthy habits.

Life in the wider world

Celebrating difference- One world Spring 1

CORE

Discuss ways in which people's lives are similar and different and give reasons for these differences.

Explore differences of opinion and identify if I feel these are fair.

Think about the lives of people living in other places, make considered decisions and give reasons for my opinion.

Recognise how my actions impact on people living in different countries and can identify things to make the world a fairer place.

Explain what climate change is and how it affects peoples' lives as well as identify how to help.

Identify different organizations.

Jobs, careers and money- Money Matters Summer 1

CORE

Explain what skills are needed for a range of jobs and why people go to work.

Explain the different way people pay for things.

Discuss financial risk and borrowing and explain consequences of this.

Understand the different decisions people have to make about how to spend their money.

Explain how adverts try to influence our spending and why they do this.

Explain ways I can keep track of what I spend and why it is important to do this.

Health and Wellbeing

Safety- Safety First Autumn 2

CORE

Be responsible for making good choices to stay safe and healthy.

Identify a risky situation and act responsibly.

Understand that I can choose not to do something that makes me feel uncomfortable.

Know how to stay safe when out and about.

Know about dangerous substances and how they affect the human body.

Know how to respond in emergency situations.

Changing me- Growing Up Summer 2

CORE

Know that my body belongs to me and that I have control over what happens to it.

Understand why getting enough exercise and sleep is important.

How to take care of my body

Describe male and female body parts and explain what these are for.

Understand that there are many different types of relationships and families.

Relationships

VIPs Autumn 1

CORE

Explain the importance of respecting my VIPs.

Explain how to make and keep fabulous friends.

Identify my own support network.

Demonstrate strategies for resolving conflicts.

Identify what bullying is.

Know what to do if someone is being bullied.

Digital Wellbeing Spring 2

CORE

Identify the positive and negative of being online.

Be kind online and I can help make the internet a safer place.

Know how to stay safe when communicating online and what to do if I don't feel safe.

Decide how reliable online information is and know how to share information responsibly online.

Identify things we shouldn't share online and give reasons why we shouldn't share them.

Understand how technology can affect our wellbeing in different ways.

Life in the wider world

Celebrating difference- Diverse Britain Spring 1

CORE

Talk about the range of faiths and ethnicities in our nation and identify ways of showing respect.

Explain what a community is and what it means to belong to one.

Explain why and how laws are made and identify what might happen if a law is broken.

Discuss the terms democracy and human rights in relation to local government.

Discuss the terms democracy and human rights in relation to national government.

Investigate what charities and voluntary groups do and how they support the community.

Aiming High Summer 2

CORE

Understand how people learn new things and achieve certain goals.

Understand that a helpful attitude towards learning can help us succeed in life.

Identify opportunities that may become available to me in the future and how I can make the most of them.

Understand that gender, race and social class do not determine what jobs people do.

Understand that there a variety of routes into different jobs which may match my skills and interests.

Discuss my goals for the future.

Health and Wellbeing

Mental wellbeing- Think Positive Autumn 2

CORE

Understand the link between thoughts, feelings and behaviours.

Understand the concept and impact of positive thinking.

Recognise and manage uncomfortable feelings

Understand the importance of making good choices.

Use mindfulness techniques in my everyday life.

Apply a growth mindset in my everyday life.

Changing me- It's My Body Summer 1

CORE

Understand the harmful effects of using drugs, including alcohol and tobacco.

Understand what a positive body image is.

Make informed choices in order to look after my physical and mental health.

Describe how boys' bodies will change as they go through puberty.

Describe how girls' bodies will change as they go through puberty.

Describe the process of human reproduction from conception to birth.

Relationships

TEAM Together Everyone Achieves More Autumn 1

CORE

Talk about the attributes of a good team.

Accept that people have different opinions and know that you can politely disagree and offer another opinion.

Compromise and collaborate to ensure a task is completed.

Reflect on the need to care for individuals within a team.

Identify hurtful behavior and suggest ways to help.

Understand the importance of shared responsibilities in helping a team to function successfully.

Be Yourself Spring 2

CORE

Explain why everyone is unique and understand why this should be celebrated and respected.

Explain why I should share my own thoughts and feelings and know how to do this.

Explore uncomfortable feelings and understand how to manage them.

Understand why we sometimes feel shy or nervous and know how to manage these feelings.

Identify when I might have to make different choices from those around me.

Explore how it feels to make a mistake and describe how to make amends.

Life in the wider world

Celebrating difference - One World Spring 1

CORE

Talk about and understand how we can be responsible global citizens.

Describe what global warming is and what we can do to prevent it.

Explain how our energy use can harm the environment and describe what we can do to help.

Describe how to use water responsibly.

understand what biodiversity is and explain the importance of doing all we can to encourage it.

Make choices which make the world a better place.

Jobs, careers and money- Money Matters Summer 1

CORE

Explain financial risk and discuss how to avoid them.

Understand how retailers try to influence our spending.

Discuss spending decisions people have to make.

Explain why budgeting can be helpful.

Discuss the impact of money can have on people's emotional well being.

Explain the impact spending has on the environment.

Health and Wellbeing

Mental wellbeing- Safety First Autumn 2

CORE

Take responsibility for my own safety.

Assess and manage risks in different situations.

Confidently identify and manage pressure to get involved in risky situations.

Act sensibly and responsibly in an emergency.

Identify hazards and reduce risks to keep myself and others safe at home.

Know how to stay safe in different outdoor environments.

Changing me- Growing Up Summer 2

CORE

Describe the changes people's bodies go through during puberty and how we can look after our changing bodies.

Describe how thoughts and feelings may change during puberty and suggest how to deal with those feelings.

Recognise that many things affect the way we feel about ourselves and understand that there is no such thing as an ideal body.

Understand what a loving relationship is and that there are many different types of relationships.

Relationships

Healthy and safe relationships- VIPs Autumn 1

CORE

Explain how VIPs who love and care for each other should treat each other.

Identify different ways to calm down when I am feeling angry or upset.

Understand that people have different opinions that should be respected.

Identify negative influences on my behaviour and suggest ways that I can resist these influences.

Explain when it is right to keep a secret, when it is not and who to talk to.

Recognise healthy and unhealthy relationships.

Digital Wellbeing Spring 2

CORE

Identify the benefits of the internet and know how to look after my digital well being.

Know how to stay safe, healthy and happy online and when I use digital technology.

Know how to develop safe, respectful and healthy online relationships and recognise inappropriate and harmful online relationships.

Know how to use social media responsibly to protect health wellbeing and rights of all.

Know what online bullying is.

Understand not all information online is true and know how to assess the reliability of both text and images.

