

Autumn Term 1 Year 1 PSHE

Being Me in My World

Key facts

- I feel special and safe in my class
- I understand the rights and responsibilities as a member of my class
- I understand the rights and responsibilities for being a member of my class
- I know my views are valued and can contribute to the learning charter
- I can recognise the choices I make and understand the consequences
- I understand my rights and responsibilities within our learning charter

Prior Knowledge

Children have previously discussed self-identity, understanding belonging to a class group and their rights and responsibilities within that group.

Key Vocabulary

Safe, special, calm, belonging, rights, responsibilities, learning charter, rewards, proud, consequences, upset, disappointed, illustration.

Brief summary/ overview

Children will think about everybody's right to learn, helping others to feel welcome, trying to make our school community a better place, caring about the feelings of others, working well with others and following the learning charter.

Resources

Chime bar
Jigsaw charter
Treasure box
School rules
Rights and responsibilities of the child

Cross curricular links/visits

Links to Forest School, following rules and keeping safe.

Autumn Term 2 Year 1 PSHE

Celebrating differences

Key facts

- I can identify similarities between people in my class
- I can identify differences between people in my class
- I can tell you what bullying is
- I know some people who I could talk to if I was feeling unhappy or being bullied
- I know how to make new friends
- I can tell you some ways I am different from my friends

Prior Knowledge

Children have previously explored everybody's right to learn and the importance of helping others to feel welcome. They know that we should try to make our school community a better place, care about the feelings of others and working well with others.

Key Vocabulary

Similarity, similar, same as, different, differences, unique, individual, bully, bullying, bullying behaviour, deliberate, on purpose, unfair, included, celebration, special

Brief summary/ overview

Children will consider ways in which they are similar to their friends and ways in which they are different, identifying how these differences make us unique. They will explore how being bullied might feel, the importance of being kind to those who are bullied and think about how it feels to make new friends.

Resources

Chime bar
Jigsaw Jack
Jerrie Cat
Calm me script
Bullying pictures
Clothing templates

Cross curricular links/visits

Links to anti bullying week
Links to online safety in computing

Spring Term 1 Year 1 PSHE

Dreams and Goals

Key facts

- I can set simple goals
- I can set a goal and work out how to achieve it
- I understand how to work well with a partner
- I can tackle a new challenge and understand this might stretch my learning
- I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them
- I can tell you how I felt when I succeeded in a new challenge and how I celebrated it

Prior Knowledge

The children have previously identified the value of celebrating their differences and will have been working in teams and individually to complete tasks and achieve goals.

Key Vocabulary

Proud, success, achievement, goal, treasure, coins, learning, steppingstones, process, garden, dreams, working together, teamwork, achievement, celebrate, learning, stretchy, challenge, feelings, obstacle, overcome, challenge, internal treasure chest, success

Brief summary/ overview

Children will develop the skill of telling others what they do well and explore ways in which they learn best. They will celebrate achievements with their partner and identify how they feel when they find obstacles and then overcome them.

Resources

Box filled with marbles etc
Jam sandwich ingredients
Welly template
Pipe cleaners, garden sticks, paper, paint
Pauli's journey PowerPoint
Treasure chest template

Cross curricular links/visits

Teamwork in PE and Forest School.

Spring Term 2 Year 1 PSHE

Healthy Me

Key facts

- I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy
- I know how to make healthy lifestyle choices
- I know how to keep myself clean and healthy, and understand how germs cause disease/illness
- I know that all household products including medicines can be harmful if not used properly
- I understand that medicines can help me if I feel poorly, and I know how to use them safely
- I know how to keep safe when crossing the road, and about people who can help me to stay safe
- I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy

Resources

Chime bar
Jigsaw charter
Healthy balance sum sheet
PowerPoint slides
Child sheet
Bag of toiletry items
Empty household/medicine bottles/pictures
Book "Six Dinner Sid"

Prior Knowledge

Knowing that they are important and possibly some knowledge of household items that are safe for them to use with adult help. Crossing roads around school.

Key Vocabulary

Healthy, unhealthy, balanced, Exercise, sleep, healthy, choices, clean body parts, toiletry items, e.g. toothbrush, shampoo, soap, hygienic, safe, medicines, unhealthy, trust, safety, green cross code, eyes, ears, look, listen, wait,

Brief summary/ overview

The children will explore feeling good about themselves when they make healthy choices and see how being healthy helps them to feel happy. They will recognise that they are special and learn the value of keeping themselves safe. As well as identifying when they feel frightened and who to ask for help.

Cross curricular links/visits

Links to computing and people we trust and who can help us.

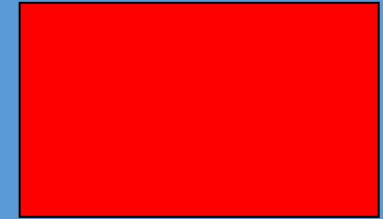
Links to science and being healthy.

Summer Term 1 Year 1 PSHE

Key facts

- I can identify the members of my family and understand that there are lots of different types of families
- I can identify what being a good friend means to me
- I know appropriate ways of physical contact to greet my friends and know which ways I prefer
- I know who can help me in my school community
- I can recognise my qualities as person and a friend
- I can tell you why I appreciate someone who is special to me

Prior Knowledge



Relationships

Brief summary/ overview

The children will explore how it feels to belong to a family and the care that they have for the people who are important to them. They will learn how to make a new friend, how to praise themselves and identify appropriate forms of physical contact. They will also recognise who they can go to for help and when they may need it.

Key Vocabulary

Family, belong, different, same, friends, friendship, qualities, caring, sharing, kind, greeting, touch, feel, texture, like, dislike, help, helpful, community, feelings, confidence, praise, qualities, skills, Self-belief, incredible, proud, celebrate, relationships, special, appreciate

Resources

Chime bar
Jigsaw charter
Feely bags
People/scenario cards
Picture frame template
Balloons

Cross curricular links/visits



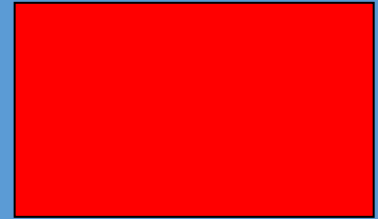
Summer Term 2 Year 1 PSHE

Changing Me

Key facts

- I am starting to understand the life cycles of animals and humans
- I can tell you some things about me that have changed and some things about me that have stayed the same
- I can tell you how my body has changed since I was a baby
- I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, anus
- I understand that every time I learn something new, I change a little bit
- I can tell you about changes that have happened in my life

Prior Knowledge



Key Vocabulary

Changes, Life-cycle, Baby, Adulthood, Adult, Grown-up, , Growing up, Mature, Male, Female, Vagina, Penis, Testicles, Anus, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping

Brief summary/ overview

The children will develop their understanding of the way they change as they get older. They will learn that this is OK and that sometimes change happens, even if we don't want it to. They will also be taught some ways to cope with change. The children will further develop respect for their body and understand which parts are private.

Resources

Chime bar
Jigsaw charter
Photos from baby to adult
Own baby photo
Body part cards
Bag of items for changes game

Cross curricular links/visits

