

PSHE OVERVIEW – Year 1

AUTUMN TERM – RELATIONSHIPS				
Topic	Objectives	Children will learn...	Resource to support planning	Assessment opportunity
Families and friendships	To understand the roles of different people and that there are different types of families. To understand they should feel cared for and care for others.	about people who care for them, e.g. parents, siblings, grandparents, relatives, friends, teachers <ul style="list-style-type: none"> • the role these different people play in children’s lives and how they care for them • what it means to be a family and how families are different, e.g. single parents, same-sex parents, etc. • about the importance of telling someone — and how to tell them — if they are worried about something in their family. 	Journey of Love - Social and emotional LF – Special people.	
	To understand what privacy is and to seek permission for things.	about situations when someone’s body or feelings might be hurt and whom to go to for help <ul style="list-style-type: none"> • about what it means to keep something private, including parts of the body that are private • to identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches) • how to respond if being touched makes them feel uncomfortable or unsafe • when it is important to ask for permission to touch others • how to ask for and give/not give permission 	LF – Physical contact NSPCC - PANTS	
Safe relationships				
Respecting ourselves and others	To understand that their behaviour affects others and how to be polite and respectful.	<ul style="list-style-type: none"> • what kind and unkind behaviour mean in and out school • how kind and unkind behaviour can make people feel • about what respect means • about class rules, being polite to others, sharing and taking turns 	LF – Treat others well. No Outsiders – To like the way I am.	
<p><i>SPECIAL THEMED WK/DAY:</i></p> <ul style="list-style-type: none"> • New class rules • School council elections • Mental Health Day - Oct • Road safety week - 14th Nov • (11-14th Nov) Anti-Bullying Week – Homophobic Bullying (LF resource) • (2-7th Dec) National Grief Awareness Week – Bereavement resources (LF) 				

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SPRING TERM – LIVING IN THE WIDER COMMUNITY				
Topic	Objectives	Children will learn...	Resource to support planning	Assessment opportunity
Belonging to the community	To understand what rules are and why we follow them.	<ul style="list-style-type: none"> • about examples of rules in different situations, e.g. class rules, rules at home, rules outside • how we care for people, animals and other living things in different ways • how they can look after the environment, e.g. recycling To celebrate ways that God loves and cares for us.	Go-Givers: -Our Rules -Getting to know you. -Rules-you can't do that here. - Caring for pets. -Litter/picnic recycling Journey of Love - Spiritual No Outsiders -To play with boys and girls No Outsiders -To recognise that people are different ages. (Cross curricula link – Science)	
	To know how to care for others and support their needs.			
	To know how and why we care for the environment.			
Media literacy and digital resilience	To know how to use online services to communicate and do this safely	<ul style="list-style-type: none"> • how and why people use the internet • the benefits of using the internet and digital devices • how people find things out and communicate safely with others online 	LF – Being safe (cross curricula link – ICT).	
	To understand how your strengths and interests and link to jobs within the community.	<ul style="list-style-type: none"> • that everyone has different strengths, in and out of school • about how different strengths and interests are needed to do different jobs • about people whose job it is to help us in the community • about different jobs and the work people do 	Circle time	
SPECIAL THEMED WK/DAY: <ul style="list-style-type: none"> • (21st March) International day for the elimination of racial discrimination – Anti Racism resources (LF). 				

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SUMMER TERM – HEALTH AND WELLBEING				
Topic	Objectives	Children will learn...	Resource to support planning	Assessment opportunity
Physical Health and Mental Wellbeing	To know how to keep healthy based on food and exercise. To understand some hygiene routines including sun safety.	<ul style="list-style-type: none"> • what it means to be healthy and why it is important • ways to take care of themselves on a daily basis • about basic hygiene routines, e.g. hand washing • about healthy and unhealthy foods, including sugar intake • about physical activity and how it keeps people healthy • about different types of play, including balancing indoor, outdoor and screen-based play • about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors • how to keep safe in the sun • how to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products 	<p>LF – Clean and Healthy</p> <p>LF – Harmful substances</p> <p>Healthy eating week</p> <p>(Cross curricula link – Science, PE and DT)</p>	
	Growing and changing	To recognise what makes them unique and special. To learn how to manage their emotions when things go wrong.	<ul style="list-style-type: none"> • to recognise what makes them special and unique including their likes, dislikes and what they are good at • how to manage and whom to tell when finding things difficult, or when things go wrong • how they are the same and different to others • about different kinds of feelings • how to recognise feelings in themselves and others • how feelings can affect how people behave. <p>To recognise how I am cared for and kept safe in my family.</p>	<p>LF – Feeling inside out.</p> <p>LF – Super Susie gets angry.</p> <p>No Outsiders – To understand that our bodies work in different ways.</p> <p>No Outsiders – To understand that we share the world with lots of people.</p> <p>Journey of Love-Physical</p>
Keeping safe	To learn ways of keeping safe online.	<ul style="list-style-type: none"> • how rules can help to keep us safe • why some things have age restrictions, e.g. TV and film, games, toys or play areas 	<p>PA – ThinkUknow – Jessie and friends</p>	

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	To understand how rules and age restrictions keep us safe.	<ul style="list-style-type: none">• basic rules for keeping safe online• whom to tell if they see something online that makes them feel unhappy, worried, or scared	(Cross curricula link – ICT)	
<i>SPECIAL THEMED WK/DAY:</i> <ul style="list-style-type: none">• New class transition day• Healthy Eating Week				

LF – Life to the Full - [Life to the Full \(Catholic\) – landing page \(tentenresources.co.uk\)](http://tentenresources.co.uk)

PA – PSHE Association - [Home | www.pshe-association.org.uk](http://www.pshe-association.org.uk)

Go-Givers - [Teaching Resources - Young Citizens](#)