

Year 1 PSHE Curriculum

PSHE Autumn term Topic Focus – Health and well being	Core Value - To understand what constitutes and how to maintain a healthy lifestyle To recognise what we like and dislike and how to make informed choices	Core Value - To understand what constitutes and how to maintain a healthy lifestyle To recognise the benefits of physical activity and rest	Core Value - To understand what constitutes and how to maintain a healthy lifestyle to make good healthy food choices	Core Value - To understand what constitutes and how to maintain a healthy lifestyle Including dental health	Core Value - To understand what constitutes and how to maintain a healthy lifestyle To understand that choices can have good and bad consequences	Core Value To identify different influences on health and well being To recognise that choices can have good and not so good consequences	Core Value - To understand what constitutes and how to maintain a healthy life style. The importance how to maintain personal hygiene, and how diseases are spread and can be controlled
	Suggested Learning Outcome I can make choices and know that my choices have good and bad consequences	Suggested Learning Outcome - I know that exercise and sleep help to keep me healthy	Suggested Learning Outcome I know that healthy food will help me feel physically and mentally healthy	Suggested Learning Outcome I know I must clean my teeth twice a day to have good dental hygiene	Suggested Learning Outcome I need to make good choices and only eat foods and things that are safe	Suggested Learning Outcome I can make choices and decisions but they all have consequences	Suggested Learning Outcome We need to keep clean and take steps to stop diseases from spreading

	Topic Vocabulary - choices, consequences, healthy choices, healthy lifestyle, decisions, physical health, emotional health, informed choices, likes and dislikes, physical activity, healthy eating, rest, dental health, fillings, consequences
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PSHE Health and well being Autumn 2	Core Value: To think about ourselves, to learn from our experiences, to recognise and celebrate our strengths and to set challenging goals	Core Value: To recognise what we like and dislike, how to make real, informed choices that improve physical and emotional health and to recognise that some choices can have good or not so good consequences	Core Value: To understand the process of growing from young to old and how people's needs change	Core Value: To learn about change and loss and the associated feelings (losing toys, moving home, losing pets)	Core Value: To know about good and not so good feelings and have the vocabulary to describe their feelings to others	Core Value: To know about good and not so good feelings and develop simple strategies for managing feelings	Core Value: To know about good and bad feelings and develop strategies manage our feelings
	Suggested Learning Outcome: I know my star qualities. I can think of star qualities I already have	Suggested Learning Outcome: I know the kinds of learning I enjoy most. I know how a positive learning	Suggested Learning Outcome: I can describe how I will change as I get older.	Suggested Learning Outcome: I know what grief is and how it might make people feel. I can identify different	Suggested Learning Outcome: I can identify uncomfortable feelings that people might experience when	Suggested Learning Outcome: I know that there are a wide range of feelings, and I can identify	Suggested Learning Outcome: I know how body language and facial expression can show me how

	and those I would like to develop.	attitude can help me.		feelings: those which feel OK and those which don't feel so good.	they lose someone they love. I know how to ask for help if I need it.	them in myself and others	people of feeling.
<p>Topic vocabulary:</p> <p>star qualities, strength, skill, happy, value change, grow, needs, young, old, children adults, childhood, adulthood, opportunities, learn, develop, responsibility, independence positive, learning, attitude, develop, learn, improve, strength, build, resilience, achievement, grow, help feelings, loss, death, grief, love, sadness, confusion, shock, anger, help, support ,kindness, talk, share, comfortable, uncomfortable</p>							

PSHE	Core Value –	Core Value –	Core Value	Core Value –	Core Value –	Core Value –	Core Value –
Topic Focus – 1.Relationships Spring 1	To be able to communicate their feelings to others, to recognise how others show feelings and how to respond	To recognise how our behaviour can affect others	To recognise what is fair and unfair, kind and unkind and what is right and what is wrong	The difference between secrets and nice surprises (that everyone will find out about eventually) and the importance of not keeping any secret that	To be able to offer an opinion on things that matter and give views to one other person or the whole class	To listen to other people and play and work cooperatively (including strategies to resolve arguments	To offer constructive support and feedback to others

				makes us feel uncomfortable or anxious or afraid		through negotiation)	
Suggested Learning Outcome –	Suggested Learning Outcome –	Suggested Learning Outcome –	Suggested Learning Outcome –	Suggested Learning Outcome –	Suggested Learning Outcome –	Suggested Learning Outcome_	Suggested Learning Outcome –
I can identify lots of different types of feelings	I know my actions can affect others	I know what is unfair and fair, right and wrong	I know the difference between a secret and a nice surprise	I know how to give an opinion	I know how to show I am listening I know how to resolve an argument	I know what to say to give someone support and how to give constructive feedback	
Topic Vocabulary – Relationships- respect, polite, courteous, listen, good listener, feelings, recognise feelings, kind/unkind behaviour, making choices, different groups							

Living in the wider world Spring 2	Core Value: To be able to contribute to the life of the classroom To help construct and agree to follow, group, class and school rules and to understand how these rules help them	Core Value: To understand that people and other living things have rights and that everyone has responsibilities to protect these rights(including protecting others bodies and feelings and we can do this by taking turns, sharing and returning things that have been borrowed.	Core Value: To understand that they belong to different groups and communities such as family and school and groups within school				
	Suggested Learning Outcome- I know that rules help to keep us happy and safe	Suggested Learning Outcome- I know ways that I can protect myself and others	Suggested Learning Outcome- I know what it means to belong				
	Topic vocabulary – classroom rules, construct, agree, belong, responsibilities, rights, protect, community, communities, family, sharing, returning						

PSHE Summer 1 Topic Focus –RSE and	Core Value - How to maintain personal hygiene How diseases spread and how we can contain them	Core Value – How we grow from young to old and the changes that happen	Core Value - How we change and take on more responsibilities	Core Value – Names for the main parts of the body including genitalia			
	Activity –Talking about and ordering pictures of getting ourselves ready for the day	Activity – Ordering a set of pictures from babyhood to geriatric	Activity –To talk about what I can do now that I couldn't do when I was younger	Activity – Labelling parts of the body			
	Suggested Learning Outcome I know how to keep myself clean and healthy	Suggested Learning Outcome – I know the stages of growing older	Suggested Learning Outcome – I know I will be able to handle more responsibility as I grow older.	Suggested Learning Outcome –I know the names of my body parts			
	Topic Vocabulary –healthy, clean, diseases, containment, growing older, body, changes, responsibility, body part names, family, private, privacy Mental health and well being – body language, facial expression, feelings, emotions						

PSHE Summer 2 Topic Focus – Mental health and well being	Core Value to communicate their feelings to others, to recognise how others show feelings and how to respond	Core Value to communicate their feelings to others, to recognise how others show feelings and how to respond	Core Value about good and not so good feelings, a vocabulary to describe their feelings to others and simple strategies for managing feelings	Core Value about good and not so good feelings, a vocabulary to describe their feelings to others and simple strategies for managing feelings	Core Value to recognise when people are being unkind either to them or others, how to respond, who to tell and what to say	Core Value	Core Value
	Suggested Learning Outcome I can describe a range of feelings and emotions	Suggested Learning Outcome I can talk about the feelings people experience in different situations	Suggested Learning Outcome I know who, how and when to ask for help with my feelings	Suggested Learning Outcome I can use words and my body to describe and show lots of feelings, I am beginning to recognise how other people are feeling	Suggested Learning Outcome I know who I can ask for help with big feelings	Suggested Learning Outcome	Suggested Learning Outcome
	Topic Vocabulary –healthy, clean, diseases, containment, growing older, body, changes, responsibility, body part names, family, private, privacy Mental health and well being – body language, facial expression, feelings, emotions						

