



Year 1 PSHE Curriculum

	Autumn 1	Autumn 2
Curriculum focus/links	It's My Body	Be Yourself
<p>Key vocab</p>	<ul style="list-style-type: none"> • Little, deal, tricky, serious, problems, scared, help, choice, secret, surprise, permission, consent, contact, touch, safe, unsafe, uncomfortable. • Muscles, breathing, exercise, brain, routine, sleep, rest, heart, healthy, chemicals, strength, body, mind. • Treat, healthy, unhealthy, occasional, sugar, brushing, dentist, diet, balanced, protein, carbohydrates, fruits, vegetables, dairy, fats. • Clean, wash, brush, germs, disease, hygiene, bacteria, virus, infection, spread, vomiting, diarrhoea, coughs, colds, illness, antibacterial, protect, dentist, doctor, chemist, pharmacist. • poisonous, danger, medicine, cleaning, emergency, product, safe, unsafe, alcohol, cigarettes, deadly, ingredients, warning, ill, sick, decision, rules, choice, consequence, safe, happier, healthier, consent, permission, feelings, reactions, responses 	<ul style="list-style-type: none"> • skills, talents, gifts, qualities, confidence, interests, likes, emotional wellbeing, mental health. • feelings, emotions, body language, facial expressions, happy, sad, angry, calm, worried, excited, nervous. • like, enjoy, happy, happiness, excited, content, safe, secure, loved, emotions, feelings. • angry, unhappy, cross, emotions, feelings, uncomfortable, help, talk, share. • loss, change, emotions, feelings, memories, precious. • confidence, disagree, speak, strategies, opinions, thoughts, feelings, voice, discussions, kind.
<p>Health and Wellbeing</p>	<p><u>Healthy Lifestyle</u></p> <p>What keeping healthy means; different ways to keep healthy. Foods that support good health and the risks of eating too much sugar.</p> <p>How physical activity helps us to stay healthy; and ways to be physically active every day.</p> <p>Why sleep is important and different ways to rest and relax. Simple hygiene routines that can stop germs from spreading. Medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy. Dental care and visiting the dentist; how to brush teeth correctly; food and drink that support mental health.</p> <p>How to keep safe in the sun and protect skin from sun damage Different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV. The people who help us to stay physically healthy.</p>	<p><u>Mental Health</u></p> <p>How to recognise and name different feelings. How feelings effect people's bodies and how they behave. How to recognise what others might be feeling.</p> <p>Recognise that not everyone has the same feelings at the same time or feels the same about the same things.</p> <p>About ways of sharing feelings; a range of words to describe feelings. Different things they can do to manage big feelings, to help them calm themselves down and/or change their mood when they don't feel good. Recognise when they need help with their feelings; that it is important to ask for help with feelings; and how to ask for help. About change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better.</p> <p><u>Ourselves, Growing and Changing</u></p> <p>Recognise what makes them special. Recognise the ways in which we are all unique. Identify what they are good at, what they like and don't like.</p>

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	<p><u>Keeping Safe</u> To recognise risk in simple situations and what action to take to minimise harm. That household products (including medicine) can be harmful if not used correctly.</p> <p><u>Drugs, Alcohol and Tobacco</u> Things that people put in their body or on their skin and how they can affect how people feel.</p>	
<p>Living in the Wider World</p>		
<p>Relationships</p>	<p><u>Safe Relationships</u> How to respond if physical contact makes them feel uncomfortable or unsafe. Knowing there are situations when they should ask for permission and also when permission should be sought. Knowing the importance of not keeping adults' secrets (only happy surprises that others will find out eventually). What to do if they feel unsafe or worries for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard.</p>	<p><u>Respecting Yourself and Others</u> How to talk about and share their opinions on things that matter to them.</p>

Year 1 PSHE Curriculum

	Spring 1	Spring 2
Curriculum focus/links	<p style="text-align: center;">TEAM (Together Everyone Achieves More)</p>	<p style="text-align: center;">Diverse Britain</p>
Key vocab	<ul style="list-style-type: none"> ● team, group, community, special, carer, friends, family, safe, secure, wanted, needed, support. ● listening, group, good listening, active listening, conflict, discussion. ● kind, considerate, thoughtful, polite, fair, compliment. ● joking, teasing, bullying, kind, unkind, support. ● mindset, learner, positive, negative, helpful, not-so-helpful. ● choices, behaviour, consequences, families, friends, team. 	<ul style="list-style-type: none"> ● community, belong, help, respect, share, listen. ● community, local area, neighbour, helpful, choice, choose, consequence. ● neighbourhood, environment, harm, responsibility, natural, built. ● Britain, United Kingdom, town, countryside, island, coast, mountain, lakes, river, celebrations, diverse, diversity, different, same, celebrate, kindness, respect. ● difference, similarity, similar different, celebrate, respect, accepting, believe, beliefs, live, dress, right, happy, safe. ● British, famous, proud, multicultural, diverse, community, British Isles.
Health and Wellbeing	<p style="text-align: center;"><u>Ourselves, Growing and Changing</u> Identify what they are good at and what they like.</p>	
Living in the Wider World	<p style="text-align: center;"><u>Communities</u> The different groups they belong to.</p> <p style="text-align: center;"><u>Economic Wellbeing: Aspirations, Work and Career</u> Everyone has different strengths.</p>	<p style="text-align: center;"><u>Shared Responsibilities</u> What rules are, why they are needed and why different rules are needed for different situations. How people and other living things have different needs; about the responsibilities of caring for them. Things they can do to help look after their environment.</p> <p style="text-align: center;"><u>Communities</u> The different groups they belong to. The different roles and responsibilities people have in their community. Recognise the ways they are the same as, and different to other people.</p>
Relationships	<p style="text-align: center;"><u>Families and Close Positive Relationships</u> About the roles different people (e.g. acquaintances, friends and relatives) play in our lives. Identify the people who love and care for them and what they do to help them feel cared for.</p>	<p style="text-align: center;"><u>Respecting Yourself and Others</u> What is kind and unkind behaviour, and how this can affect others. Recognise the ways in which they are the same and different to others. How to talk and share opinions on things that matter to them.</p>

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Friendships

How to recognise when they or someone else feels lonely and what to do.

How to ask for help if a friendship is making them feel unhappy.

Managing Hurtful Behaviour and Bullying

That bodies and feelings can be hurt by words and actions; that people can say hurtful things online.

How people may feel if they experience hurtful behaviour.

That hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult.


Respecting Yourself and Others

What is kind and unkind behaviour, and how this can affect others.
How to treat themselves and others with respect; how to be polite and courteous.

Recognise the ways in which they are the same and different to others.

How to listen to other people and work and play cooperatively.

Year 1 PSHE Curriculum

	Summer 1	Summer 2
Curriculum focus/links	Money Matters	Aiming High
Key vocab	<ul style="list-style-type: none"> • money, employment, work, job, payment, wages, spending, saving, credit card, online, banking, online transfer, electronic, contactless, coins, notes, bank account. • money, employment, job, wages, income, payment, salary, role, community. • money, safe, save, piggy bank, wallet, purse, bank account, bank. • money, spend, record, receipt, keep, track, save, choice, amounts, payment, list. • money, spend, want, need, important, possessions, necessity, necessary, budget. • money, buy, shopping, spending, offer, value, shops, items, goods, list, advertising. 	<ul style="list-style-type: none"> • star qualities, strength, skill, happy, value. • positive, learning, attitude, develop, learn, improve, strength, build, resilience, achievement, grow, help. • job, ambition, future, learn, determined, achieve, goal, training. • job, gender, men, women, attributes, communication, determined, hard-working, creative. • Goals, future, aims, success, happiness, family, partnership, job, qualifications, house, achievements. • change, different, progress, improve, routine, achievements, success.
Health and Wellbeing		<p style="text-align: center;"><u>Mental Health</u> About change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better. Recognise what makes them special. Identify what they are good at, what they like and dislike. How to manage when finding things difficult.</p>
Living in the Wider World	<p style="text-align: center;"><u>Economic Wellbeing: Money</u> What money is; forms that money comes in; that money comes from different sources. That people make different choices about how to save and spend money. About difference between needs and wants. That sometimes people may not always be able to have the things they want. That money needs to be looked after and the different ways of doing this.</p> <p style="text-align: center;"><u>Economic Wellbeing: Aspirations, Work and Career</u> That jobs help people to earn money to pay for things. Different jobs that people they know or people who work in the community do.</p>	<p style="text-align: center;"><u>Economic Wellbeing: Aspirations, Work and Career</u> That everyone has different strengths. That jobs help people to earn money to pay for things. Different jobs that people they know or people who work in the community do. About some of the strengths and interests someone might need to do different jobs.</p>
Relationships		<p style="text-align: center;"><u>Respecting Yourself and Others</u> Recognise the ways in which they are the same and different to others. How to talk and share their opinions on things that matter to them.</p>