

Year 1 PSHE Curriculum Overview

Year 1 – Autumn 1 – Physical Health

- what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health
- the importance of, and how to, maintain personal hygiene
- about the process of growing from young to old and how people's needs change

Year 1 – Autumn 2 – Mental & Emotional Health

- about good and not so good feelings, a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings
- about change and loss and the associated feelings (including moving home, losing toys, pets or friends)
- about the ways that pupils can help the people who look after them to more easily protect them
- To recognise that choices can have good and not so good consequences

Year 1 – Spring 1 – My Relationships

- to identify their special people (family, friends, carers), what makes them special and how special people should care for one another
- to communicate their feelings to others, to recognise how others show feelings and how to respond
- to recognise when people are being unkind either to them or others, how to respond, who to tell and what to say

Year 1 – Spring 2 – Equality & Diversity

- to recognise that their behaviour can affect other people
- to recognise what is fair and unfair, kind and unkind, what is right and wrong
- to listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation)
- to recognise different types of teasing and bullying, to understand that these are wrong and unacceptable.

Year 1 – Summer 1 – Being a Responsible Citizen

- how they can contribute to the life of the classroom and school
- that they belong to different groups and communities such as family and school

January 2017 additions:

- ways in which they are all unique; understand that there has never been and will never be another 'them'
- ways in which we are the same as all other people; what we have in common with everyone else

Year 1 – Summer 2 – Economic Wellbeing

- that money comes from different sources and can be used for different purposes, including the concepts of spending and saving