

PSHE

Year 1 – Autumn 1

Relationships

In this unit of work, pupils learn...

- What they like/dislike and are good at.
- What makes them special and how everyone has different strengths.
- How their personal features or qualities are unique to them.
- How they are similar or different to others, and what they have in common.
- To use the correct names for the main parts of the body.

PSHE

Year 1 – Autumn 2

Relationships

In this unit of work, pupils learn...

- That family is one of the groups they belong to, as well as, for example, school, friends, clubs.
- About the different people in their family / those that love and care for them.
- What their family members, or people that are special to them, do to make them feel loved and cared for.
- How families are all different but share common features – what is the same and different about them.
- About different features of family life, including what families do enjoy together.
- That it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried.

PSHE

Year 1 – Spring 1

Health and Wellbeing

In this unit of work, pupils learn...

- What being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor).
- That things people put into or onto their bodies can affect how they feel.
- How medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy.
- Why hygiene is important and how simple hygiene routines can stop germs from being passed on.
- What they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing.

PSHE

Year 1 – Spring 2

Living in the wider world

In this unit of work, pupils learn...

- What money is - that money comes in different forms.
- How money is obtained (e.g. earned, won, borrowed, presents).
- How people make choices about what to do with money, including spending and saving.
- The difference between needs and wants - that people may not always be able to have the things they want.
- How to keep money safe and the different ways of doing this.

PSHE

Year 1 – Summer 1

Health and Wellbeing

In this unit of work, pupils learn...

- That people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people.
- Who can help them in different places and situations; how to attract someone's attention or ask for help; what to say.
- How to respond safely to adults they don't know.
- What to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard.
- How to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say.

PSHE

Year 1 – Summer 2

Living in the wider world

In this unit of work, pupils learn...

- How kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively.
- The responsibilities they have in and out of the classroom.
- How people and animals need to be looked after and cared for.
- What can harm the local and global environment; how they and others can help care for it.
- How people grow and change and how people's needs change as they grow from young to old.
- How to manage change when moving to a new class/year group.