**PSHE Curriculum Overview Year 1**

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| Core Theme: Health, Wellbeing and Mental Health | | | | |
| Topic | Learning outcome | Key Vocabulary | Cross curricular links | Term it is taught in |
| Healthy Lifestyles | To understand different factors contribute to keeping our bodies healthy e.g. diet, sleep, physical activity, hygiene | Health, wellbeing, healthy eating, physical activity, sleep, dental health, diet, hygiene | Pol-Ed EYFS  Wellbeing  DT- Food Unit | Autumn 1 |
| Growing and Changing | To recognise what they are good at and set goals | Achievements, strengths, weaknesses, goals, target setting | Character education | Autumn 1 |
| Healthy Lifestyles | To understand different feelings.  To learn about different ways to manage feelings | Feelings, managing feelings | Character Education | On going |
| Healthy Lifestyles | To understand about basic hygiene and why it is important. | Hygiene, cleanliness, germs, infection, hand washing | Pol-Ed EYFS Wellbeing | Autumn 1 |
| Growing and Changing | To understand about growing, changing and becoming independent | Growing, changing, young, old, independence | RSE  Science | Autumn1/ 2 |
| Growing and Changing | To learn the correct names for body parts for boys and girls | Body parts, | Science-  RSE | Autumn1/ 2 |
| Keeping Safe | To know that household products (including medicines) can be harmful is they are not used correctly | Medicines, household products, safety, risk | Pol-ED Year 1  Keeping Safe | Spring 1 |
| Keeping Safe | To understand how to keep safe (in familiar/unfamiliar situations) | Safety, road, fire, online, rules | Computing- Online safety  Road Safety Week  Pol-Ed Year1 Keeping Safe | Spring 1 |
| Keeping Safe | To discuss the importance of asking for help if you are worried/scared | Asking for help | RSE  Pol-Ed Year 1 Keeping Safe | Spring 1 |
| Keeping Safe | To understand the importance of privacy in a range of contexts e.g. online, private parts of the body | Privacy, respect | Computing  Online safety  RSE | Autumn 2  Spring 1 |

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| Core Theme: Relationships | | | | |
| Topic | Learning outcome | Key Vocabulary | Cross curricular links and | Term it is taught in |
| Feelings and Emotions | To recognise how other people are feeling.  To begin to share their own feelings | Communication, feelings, emotions, self-control, empathy | Character Curriculum  Pol-Ed- Year 1 Relationships | Autumn 1 |
| Feelings and Emotions | To learn about different types of behaviour and how they can make people feel. | Behaviour, choices, fair/unfair, right/wrong, consequence | Character Curriculum  Pol-Ed- Year 1 Relationships | Autumn1 |
| Healthy Relationships | To understand the importance of not keeping secrets that make them feel scared, uncomfortable or anxious. | Secrets, surprises, safety | RSE  Online safety | Spring 1  Summer 1 |
| Healthy Relationships | To understand the importance of listening to others and playing co-operatively. | Co-operating, resolving conflicts | Pol-Ed EYFS Relationship | Autumn 2 |
| Valuing Differences | To understand the importance of showing respect for differences and similarities between people. | People, similarities, differences | RSE  Skills for Life | Spring2  Summer 1  Summer 2 |
| Healthy Relationships | To identify and learn about special people in their lives. | Special people, caring | RE  RSE | Spring1  Summer 1  Summer 2 |
| Healthy Relationships | To learn about appropriate and inappropriate touch. | Physical contact, touch, acceptable, unacceptable, permission | RSE  Pol-Ed Year Relationships | Summer 2 |
| Feelings and Emotions | To understand that bodies and feelings can be hurt. | Feelings, bodies, hurt, comfortable, teasing, bullying | Anti-bullying  Computing- Online Safety  Pol-Ed Year 1 Relationships | Autumn 2 |
| Feelings and Emotions | To understand that teasing and bullying is wrong.  To recognise the difference between teasing and bullying.  To know what to do if teasing or bullying is happening | Teasing, bullying | Anti-bullying  Computing- Online Safety  Pol-Ed Year Relationships | Autumn 2 |

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| Core Theme: Living in the Wider World including Understanding the Law | | | | |
| Topic | Learning outcome | Key Vocabulary | Cross curricular links and | Term it is taught in |
| Rights and Responsibilities | To learn about why rules are important.  To understand and conform to our Boundary Promises | Classroom rules, responsibility | Character Curriculum | Autumn 1 |
| Rights and Responsibilities | To understand the importance of respecting the needs of ourselves and others | Rights, responsibilities, needs | RSE | Summer 1 / 2 |
| Understanding the Law | To understand why we have rules in different places? |  | Pol-Ed- Y1  Understanding the Law |  |
| Understanding the Law | To know what happens if rules are broken? |  | Pol-Ed- Y1 Understanding the Law |  |
| Understanding the Law | To understand what the police do? |  | Pol-Ed- Y1 Understanding the Law  Police Visit |  |
| Understanding the Law | To know how to be responsible? |  | Pol-Ed- Y1 Understanding the Law  Skills for Life |  |
| Rights and Responsibilities | To learn about groups and communities that they belong to | Groups, community, roles |  | Autumn 2 |
| Taking Care of the Environment | To learn about the importance of looking after our environment (at home, school and in the community) | Environment | Geography  ECO | Autumn 1 |
| Money | To learn about where money comes from and what it is used for.  To discuss why it is importance to keep your money safe. | Money, spending, saving, safety | Maths | Summer 1 / 2 |
| Rights and Responsibilities | To identify ways in which we are the same as other people. | People, similarities, commonalities | RSE | Spring 1/2 |
| Rights and Responsibilities | To learn about people who work in our community.  To identify people who could help us in the community an emergency (999) | Community, special people, help, emergencies | RSE  Pol-Ed- Y1 What is 999? | Spring 1 /2 |