

Year 1 PSHCE curriculum

TERM	TOPIC	OBJECTIVES
Autumn 1	Growing	<p>Health and well-being H1. about what keeping healthy means; different ways to keep healthy H2. about foods that support good health and the risks of eating too much sugar H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday H4. about why sleep is important and different ways to rest and relax H5. simple hygiene routines that can stop germs from spreading</p> <p>Relationships R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives R2. to identify the people who love and care for them and what they do to help them feel cared for R3. about different types of families including those that may be different to their own mindmate: recognise how others show feelings and know how to respond</p> <p>Communities L4. about the different groups they belong to mindmate: Setting goals and targets</p>
Autumn 2	Growing	<p>Shared responsibilities L1. about what rules are, why they are needed, and why different rules are needed for different situations mindmate: Recognise what is fair/unfair right/wrong</p> <p>Media literacy and digital resilience L7. about how the internet and digital devices can be used safely to find things out and to communicate with others</p>
Spring 1	Toys	<p>Mental Health H11. about different feelings that humans can experience H12. how to recognise and name different feelings H13. how feelings can affect people's bodies and how they behave H14. how to recognise what others might be feeling H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things mindmate: recognise feelings</p> <p>Friendships R6. about how people make friends and what makes a good friendship R7. about how to recognise when they or someone else feels lonely and what to do</p> <p>Living in the wider world L3. about things they can do to help look after their environment</p>
Spring 2	Toys	<p>Ourselves, growing and changing H21. to recognise what makes them special H22. to recognise the ways in which we are all unique H23. to identify what they are good at, what they like and dislike H24. how to manage when finding things difficult mindmate: celebrating differences</p> <p>Economic wellbeing: Aspirations, work and career</p>

		L14. that everyone has different strengths L15. that jobs help people to earn money to pay for things
Summer 1	Hot and cold	<p>Ourselves, growing and changing</p> <p>H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles) mindmate:</p> <p>Safe relationships</p> <p>R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private R14. that sometimes people may behave differently online, including by pretending to be someone they are not R15. how to respond safely to adults they don't know R16. about how to respond if physical contact makes them feel uncomfortable or unsafe</p> <p>Health and well-being</p> <p>H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer.</p>
Summer 2	Hot and cold	<p>Respecting self and others</p> <p>R21. about what is kind and unkind behaviour, and how this can affect others R22. about how to treat themselves and others with respect; how to be polite and courteous</p> <p>Economic well-being – money</p> <p>L10. what money is; forms that money comes in; that money comes from different sources L11. that people make different choices about how to save and spend money</p>

Ongoing targets across school:

H29. to recognise risk in simple everyday situations and what action to take to minimise harm.

On trips: H32. ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely.

On trips: H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about

H38. how to predict, assess and manage risk in different situations.

H36. strategies to manage transitions between classes and key stages