

PSHE Curriculum Overview – Year One

| Theme | Pieces | Weekly Celebration |
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| Being me in My World (Autumn One) | Special and Safe | Help others to feel welcome |
| | Rewards and Feeling Proud | Care about other people's feelings |
| | Consequences | Work well with others |
| | Owning our learning charter | Choose to follow the learning charter |
| | My Class | Try to make our school community a better place |
| | Rights and Responsibilities | Think about everyone's right to learn |
| Celebrating Difference (Autumn Two) | The same as ... | Accept that everyone is different |
| | Different from ... | Include others when playing or working |
| | What is bullying? *Anti Bullying Week 16 th Nov)* | Know how to help if someone is being bullied |
| | What do I do about bullying? | Try to solve problems |
| | Making a new friends | Try to use kind words |
| | Celebrating difference; Celebrating me | Know how to give and receive compliments |
| Dreams and Goals (Spring One) | My Treasure chest to success | Stay motivated when doing something challenging |
| | Steps to Goals | Keep trying even when it is difficult |
| | Achieving Together | Work well with a partner or in a group |
| | Stretchy Learning | Have a positive attitude |
| | Overcoming obstacles | Help others to achieve their goals |
| | Celebrating my success | Are working hard to achieve their own dreams and goals |
| Healthy Me (Spring Two) | Being Healthy | Have made a healthy choice |
| | Healthy Choices | Have eaten a healthy, balanced diet |
| | Clean and Healthy | Have been physically active |
| | Medicine Safety | Have tried to keep themselves and others safe |
| | Road Safety | Know how to be a good friend and enjoy healthy friendships |

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| | Happy, healthy me | Know how to keep calm and deal with difficult situations |
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| Relationships (Summer One) | Families | Know how to make friends |
| | Making Friends | Try to solve friendship problems when they occur |
| | Greetings | Help others to feel part of a group |
| | People who help us | Show respect in how they treat others |
| | Being my own best friend | Know how to help themselves and others when they feel hurt or upset |
| | Celebrating my special relationships | Know and show what makes a good relationship |
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| Changing Me (Summer Two) | Life cycles | Understand that everyone is unique and special |
| | Changing Me | Can express how they feel when change happens |
| | My Changing body | Understand and respect the changes that they see in themselves |
| | Boys and girls bodies *Focus to be on parts of the body that are private and why* | Understand and respect the changes that they see in other people |
| | Learning and growing | Know who to ask for help if they are worried about change |
| | Coping with changes | Are looking forward to change |

Green – Change to the order of the Pieces

Blue – Assessment opportunity

Red – SRE lesson that has been altered / moved to another Year