



Year 1 PSHE Overview

PSHE Project Titles Key Concepts NC PoS Reference	Vocabulary	Knowledge (specific facts or truth components. A knowledge statement will often contain substantive, declarative or explicit knowledge.) Composite Knowledge Specific Knowledge – Component Knowledge	Skills (the use and application of composite knowledge. A skill statement will often contain implicit, procedural and disciplinary knowledge.)
<p>PSHE Focus – Citizenship RSE Personal, Social, Health and Economic.</p> <p>Key Concepts Being Me in My World Celebrating Difference Dreams and Goals Healthy Me Relationships Changing Me</p> <p>5 Programmes of study, 37 knowledge and 36 skills statements</p> <p>They learn the basic rules and skills for keeping themselves healthy and safe and for behaving well.</p> <p>They have opportunities to show they can take some responsibility for themselves and their environment.</p> <p>They begin to learn about their own and other people's feelings and</p>	<p><u>Being Me In My World</u> Safe Special Calm Belonging Special Rights Responsibilities Rewards Proud Consequences Upset Disappointed Illustration</p> <p><u>Celebrating Difference</u> Similarity/similar Same as Different from Difference Similarity Bullying Bullying behaviour Deliberate On purpose Unfair Included Bully Bullied Celebration Difference Special Unique</p>	<p>BMIMW - Core knowledge - I know how to use my Jigsaw Journal</p> <p>BMIMW - Core knowledge - I understand the rights and responsibilities as a member of my class</p>	<p>I feel special and safe in my class</p> <p>I know that I belong to my class</p>

<p>become aware of the views, needs and rights of other children and older people.</p> <p>As members of a class and school community, they learn social skills such as how to share, take turns, play, help others, resolve simple arguments and resist bullying.</p> <p>They begin to take an active part in the life of their school and its neighbourhood.</p>	<p><u>Dreams and Goals</u> Proud Success Achievement Goal Treasure Coins Goal Learning Stepping stones Process Garden Dreams Working together Team work Achievement Celebrate Learning Stretchy Challenge Feelings Challenge Obstacle Overcome Achieve Celebration Internal treasure chest Goals</p> <p><u>Healthy Me</u> Healthy Unhealthy Balanced Exercise</p>	<p>BMIMW - Core knowledge - I understand the rights and responsibilities for being a member of my class</p> <hr/> <p>BMIMW - Core knowledge - I know my views are valued and can contribute to the Learning Charter</p>	<p>I know how to make my class a safe place for everybody to learn</p> <hr/> <p>I recognise how it feels to be proud of an achievement</p>
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	<p>Sleep Choices Clean Body parts Toiletry items, e.g. toothbrush, shampoo, soap Hygienic Safe Medicines Trust Safety Green Cross Code Eyes Ears Look Listen Wait Keeping clean</p> <p><u>Relationships</u> Family Belong Different Same Friends Friendship Qualities Caring Sharing Kind Greeting Touch Feel Texture</p>	<p>BMIMW - Core knowledge - I can recognise the choices I make and understand the consequences</p>	<p>I can recognise the range of feelings when I face certain consequences</p>
		<p>BMIMW - Core knowledge - I understand my rights and responsibilities within our Learning Charter</p> <p>Specific knowledge - I can explain why my class is a happy and safe place to learn. Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter</p>	<p>I understand my choices in following the Learning Charter</p>

	Like Dislike Help Helpful Community Feelings Confidence Praise Qualities Skills Self belief Incredible Proud Celebrate Relationships Special Appreciate	CD – Core knowledge - I can identify similarities between people in my class	I can tell you some ways in which I am the same as my friends
	<u>Changing Me</u> Changes Life cycle Baby Adulthood Change Life cycle Baby Adult Grown up Adult Mature Change Male Female Vagina	CD – Core knowledge - I can identify differences between people in my class	I can tell you some ways I am different from my friends

	<p>Penis Testicles Vulva Anus Learn New Grow Feelings Anxious Worried Excited Coping</p>	<p>CD – Core knowledge - I can tell you what bullying is</p>	<p>I understand how being bullied might feel</p>
		<p>CD – Core knowledge -I know some people who I could talk to if I was feeling unhappy or being bullied</p>	<p>I can be kind to children who are bullied</p>

		CD – Core knowledge – I know how to make new friends	I know how it feels to make a new friend
		CD – Core knowledge – I can tell you some ways I am different from my friends. Specific knowledge – I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special. Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	I understand these differences make us all special and unique.

		DAG - Core knowledge – I can set simple goals	I can tell you about a thing I do well
		DAG - Core knowledge – I can set a goal and work out how to achieve it	I can tell you how I learn best

		DAG - Core knowledge – I understand how to work well with a partner	I can celebrate achievement with my partner
		DAG - Core knowledge – I can tackle a new challenge and understand this might stretch my learning	I can identify how I feel when I am faced with a new challenge

		<p>DAG - Core knowledge – I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them</p>	<p>I know how I feel when I see obstacles and how I feel when I overcome them</p>
		<p>DAG - Core knowledge – I can tell you how I felt when I succeeded in a new challenge and how I celebrated it</p> <p>Specific knowledge - I can explain how I feel when I am successful and how this can be celebrated positively.</p> <p>Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of Success</p>	<p>I know how to store the feelings of success in my internal treasure chest</p>

		HM – Core knowledge - I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy	I feel good about myself when I make healthy choices
		HM – Core knowledge - I know how to make healthy lifestyle choices	I feel good about myself when I make healthy choices

		<p>HM – Core knowledge - I know how to keep myself clean and healthy, and understand how germs cause disease/illness</p> <p>HM – Core knowledge - I know that all household products including medicines can be harmful if not used properly</p>	<p>I am special so I keep myself safe</p>
		<p>HM – Core knowledge - I understand that medicines can help me if I feel poorly and I know how to use them safely</p>	<p>I know some ways to help myself when I feel poorly</p>

		<p>HM – Core knowledge - I know how to keep safe when crossing the road, and about people who can help me to stay safe</p>	<p>I can recognise when I feel frightened and know who to ask for help</p>
		<p>HM – Core knowledge - I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</p> <p>Specific knowledge - I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.</p> <ul style="list-style-type: none"> Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness 	<p>I can recognise how being healthy helps me to feel happy</p>

		<p>R – core knowledge - I can identify the members of my family and understand that there are lots of different types of families</p>	<p>I know how it feels to belong to a family and care about the people who are important to me</p>
		<p>R – core knowledge - I can identify what being a good friend means to me</p>	<p>I know how to make a new friend</p>

		R – core knowledge - I know appropriate ways of physical contact to greet my friends and know which ways I prefer	I can recognise which forms of physical contact are acceptable and unacceptable to me
		R – core knowledge - I know who can help me in my school community	I know when I need help and know how to ask for it

		<p>R – core knowledge - recognise my qualities as person and a friend</p>	<p>I know ways to praise myself</p>
		<p>R – core knowledge - tell you why I appreciate someone who is special to me</p> <p>Specific knowledge - I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.</p> <p>Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships</p>	<p>I can express how I feel about them</p>

		CM - core knowledge - I am starting to understand the life cycles of animals and humans	I understand that changes happen as we grow and that this is OK
		CM - core knowledge I can tell you some things about me that have changed and some things about me that have stayed the same	I know that changes are OK and that sometimes they will happen whether I want them to or not

		<p>CM – core knowledge - I can tell you how my body has changed since I was a baby</p>	<p>I understand that growing up is natural and that everybody grows at different rates</p>
		<p>CM – core knowledge - I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus</p>	<p>I respect my body and understand which parts are private</p>

		<p>CM – core knowledge - I understand that every time I learn something new I change a little bit</p>	<p>I enjoy learning new things</p>
		<p>CM – core knowledge - I can tell you about changes that have happened in my life</p> <p>Specific knowledge - I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private</p> <p>Life cycles –animal and human</p> <p>Changes in me</p> <p>Changes since being a baby</p> <p>Differences between female and male bodies (correct terminology)</p> <p>Linking growing and learning Coping with change</p> <p>Transition</p>	<p>I know some ways to cope with changes</p>