

PSHE Curriculum Overview Year 1

Core Theme: Health and Wellbeing

(work to be evidenced in PSHE Book 1- Health and Wellbeing)

Planning Grid	Topic	Learning outcome	Key Vocabulary	Cross curricular links	PSHE Association Planning Reference	Term it is taught in
H1	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	DT – food unit	P20	Autumn 1
H2	Healthy Lifestyles	To understand about how to make healthy choices	Healthy, likes, dislikes, choices	DT- food unit	P21	Autumn 1
H3	Growing and Changing	To recognise what they are good at and set goals	Achievements, strengths, weaknesses, goals, target setting	Character education-	P22	Autumn 1
H4	Healthy Lifestyles	To understand different feelings. To learn about different ways to manage feelings	Feelings, managing feelings	Character Education	P23	On going
H5	Growing and Changing	To discuss about how it feels when there is change or loss	Change, loss		P24	Spring 2
H6/H7	Healthy Lifestyles	To understand about basic hygiene and why it is important.	Hygiene, cleanliness, germs, infection, hand washing		P25	Autumn 1
H8/H9	Growing and Changing	To understand about growing, changing and becoming independent	Growing, changing, young, old, independence	RSE Science	P26	Autumn1/ 2
H10	Growing and Changing	To learn the correct names for body parts for boys and girls	Body parts,	Science-RSE	P27	Autumn1/ 2
H11	Keeping Safe	To know that household products (including medicines) can be harmful is they are not used correctly	Medicines, household products, safety, risk		P28	Spring 1
H12	Keeping Safe	To understand how to keep safe (in	Safety, road, fire, online,	Computing-	P29	Spring 1

		familiar/unfamiliar situations)	rules	Online safety Road Safety Week		
H13/H14 /H15	Keeping Safe	To discuss the importance of asking for help if you are worried/scared	Asking for help	RSE	P30	Spring 1
H16	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	P31	Autumn 2 Spring 1

Core Theme: Relationships

(work to be evidenced in PSHE Book 2- Relationships)

Planning Grid	Topic	Learning outcome	Key Vocabulary	Cross curricular links and	PSHE Association Planning Reference	Term it is taught in
R1	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	P33	Autumn 1
R2/R4/R12	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	P34	Autumn1
R3	Healthy Relationships	To understand the importance of not keeping secrets that make them feel scared, uncomfortable or anxious.	Secrets, surprises, safety	RSE Online safety	P35	Spring 1 Summer 1
R5	Valuing Differences	To learn how to share their views and opinions with others.	Sharing, discussions, views, opinions	RE	P36	Summer 2
R6/R7	Healthy Relationships	To understand the importance of listening to others and playing co-operatively.	Co-operating, resolving conflicts		P37	Autumn 2
R8	Valuing Differences	To understand the importance of showing respect for differences and similarities between people.	People, similarities, differences	RSE	P38	Spring2 Summer 1 Summer 2
R9	Healthy	To identify and learn about special people in their	Special people, caring	RE	P39	Spring1

	Relationships	lives.		RSE		Summer 1 Summer 2
R10	Healthy Relationships	To learn about appropriate and inappropriate touch.	Physical contact, touch, acceptable, unacceptable, permission	RSE	P40	Summer 2
R11	Feelings and Emotions	To understand that bodies and feelings can be hurt.	Feelings, bodies, hurt, comfortable, teasing, bullying	Anti-bullying Computing- Online Safety	P41	Autumn 2
R13/R14	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	P42	Autumn 2

Core Theme: Living in the Wider World

(work to be evidenced in PSHE Book 3- Living in the Wider World)

Planning Grid	Topic	Learning outcome	Key Vocabulary	Cross curricular links and	PSHE Association Planning Reference	Term it is taught in
L1/12	Rights and Responsibilities	To learn about why rules are important. To understand and conform to our Boundary Promises	Classroom rules, responsibility	Character Curriculum	P44	Autumn 1
L3	Rights and Responsibilities	To understand the importance of respecting the needs of ourselves and others	Rights, responsibilities, needs	RSE	P45	Summer 1 / 2
L4	Rights and Responsibilities	To learn about groups and communities that they belong to	Groups, community, roles		P46	Autumn 2
L5	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	P47	Autumn 1

L6/L7	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	P48	Summer 1 / 2
L8	Rights and Responsibilities	To learn that everyone is unique.	Everybody, individual, special, unique	RSE	P49	Spring 1
L9	Rights and Responsibilities	To identify ways in which we are the same as other people.	People, similarities, commonalities	RSE	P50	Spring 1/2
L10	Rights and Responsibilities	To learn about people who work in our community. To identify people who could help us in the community (e.g. in an emergency)	Community, special people, help, emergencies	RSE	P51	Spring 1 / 2