

## PSHE-Year 1

This document shows the Year 1 PSHE (Personal, Social, Health and Economic education) curriculum for the full school year. The majority of lessons covering the RSE (Relationships and Sex Education) curriculum set by the Department of Education are in the Autumn and Summer terms. Lessons will normally be taught in the order seen unless the need for a specific topic changes for the year group.

Autumn- Relationships (Class Pledge) (Online Safety) (Bonfire Night Safety)	Spring- Living in a Wider World (Road Safety)	Summer- Health and Wellbeing (Sun Safety)
<p style="text-align: center;"><u>Secrets</u></p> <ul style="list-style-type: none"> <li>• Understand the difference between surprise and secret</li> <li>• Know when something shouldn't be kept a secret</li> <li>• Know who to talk to about secrets</li> </ul>	<p style="text-align: center;"><u>Our class</u></p> <ul style="list-style-type: none"> <li>• Understand why we have class rules (and why these rules may be different in other classes)</li> <li>• Know the class rules and what to do if someone isn't following them</li> </ul>	<p style="text-align: center;"><u>Emotional Vocabulary</u></p> <ul style="list-style-type: none"> <li>• Identify a range of feelings</li> <li>• Know how to say how they are feeling</li> <li>• Know strategies of how to handle negative feelings</li> </ul>
<p style="text-align: center;"><u>Personal space</u></p> <ul style="list-style-type: none"> <li>• Know the PANTS rule of privacy</li> <li>• Know what touching is ok and what isn't</li> <li>• Know what to do if they do not like being touched/if someone else doesn't like them touching them</li> </ul>	<p style="text-align: center;"><u>Our school</u></p> <ul style="list-style-type: none"> <li>• Know the rules of the school and how/why they may be different in different areas</li> <li>• Know the key members of staff in school and what they can help with</li> <li>• Know what they have to do to look after school</li> </ul>	<p style="text-align: center;"><u>Feeling Unsafe</u></p> <ul style="list-style-type: none"> <li>• Understand a range of safe and unsafe situations</li> <li>• Know physical and emotional signs of feeling unsafe</li> <li>• Know who to ask for help from when feeling unsafe</li> </ul>
<p style="text-align: center;"><u>Bullying</u></p> <ul style="list-style-type: none"> <li>• Understand the difference between teasing and bullying</li> <li>• Understand what counts as bullying</li> <li>• Know what to do if they feel they are being bullied</li> </ul>	<p style="text-align: center;"><u>Responsibility</u></p> <ul style="list-style-type: none"> <li>• Know what they are responsible for at school and at home</li> <li>• Know how responsibilities change as we get older</li> <li>• Understand why and how we look after personal possessions</li> </ul>	<p style="text-align: center;"><u>Balanced Diet</u></p> <ul style="list-style-type: none"> <li>• Understand that what we eat can affect our physical and mental health</li> <li>• Know which foods we should eat more of, which we should eat less of</li> <li>• Know what counts as a 'balanced diet'</li> </ul>
<p style="text-align: center;"><u>Conflict</u></p> <ul style="list-style-type: none"> <li>• Know that others won't agree with them all the time</li> <li>• Know what to do when they disagree with someone</li> <li>• Understand how to handle conflict with peers</li> </ul>	<p style="text-align: center;"><u>People who can help us</u></p> <ul style="list-style-type: none"> <li>• Know the different communities they are apart of</li> <li>• Know the main emergency services and what they do</li> <li>• Know how to make a 999 call</li> <li>• Know what to do if someone was hurt</li> </ul>	<p style="text-align: center;"><u>Importance of Sleep</u></p> <ul style="list-style-type: none"> <li>• Understand why sleep is important</li> <li>• Know what to do to get a good night's sleep</li> </ul>
<p style="text-align: center;"><u>Understanding Emotions</u></p> <ul style="list-style-type: none"> <li>• Understand how facial expressions/body language can show someone's behaviour</li> </ul>	<p style="text-align: center;"><u>Money</u></p> <ul style="list-style-type: none"> <li>• Understand how we earn money and why we need it</li> <li>• Know how to keep money safe</li> </ul>	<p style="text-align: center;"><u>Hygiene routines</u></p> <ul style="list-style-type: none"> <li>• Understand how germs spread</li> <li>• Know how to prevent germs spreading</li> </ul>

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<ul style="list-style-type: none"> <li>• Know how their emotions can affect others and vice versa</li> <li>• Understand that feelings can be hurt</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the concept of saving money</li> </ul>	<ul style="list-style-type: none"> <li>• Understand importance of good hygiene</li> <li>• Understand the effects of bad hygiene</li> <li>• Know and follow hygiene routines in and out of school</li> </ul>
<p style="text-align: center;"><u>Family</u></p> <ul style="list-style-type: none"> <li>• Know who is in their family</li> <li>• Understand that different people have different families</li> <li>• Understand that family isn't just about blood relatives</li> </ul>		<p style="text-align: center;"><u>Medicine Safety</u></p> <ul style="list-style-type: none"> <li>• Understand why we take medicines</li> <li>• Know who should give medicines and who is not allowed</li> </ul>
<p style="text-align: center;"><u>Kindness</u></p> <ul style="list-style-type: none"> <li>• Understand that 'fair' doesn't always mean 'the same'.</li> <li>• Understand the importance of kindness</li> <li>• Know how to show kindness to others</li> </ul>		<p style="text-align: center;"><u>Body Privacy</u></p> <ul style="list-style-type: none"> <li>• Know which body parts are private</li> <li>• Know how to keep private parts private</li> </ul>
<p style="text-align: center;"><u>Friendship</u></p> <ul style="list-style-type: none"> <li>• Understand what makes a friendship</li> <li>• Know how to be a good friend</li> <li>• Know what to do if someone isn't being a good friend to them</li> </ul>		
<p style="text-align: center;"><u>Differences</u></p> <ul style="list-style-type: none"> <li>• Understand that nobody is the same as anybody else</li> <li>• Explore the differences between peers</li> <li>• Celebrate the differences between peers</li> </ul>		