**PSHE Curriculum Half-Termly Objectives Year 1**

**Themes:**

**R** – Respecting Self and Others

**H** – Health and Well-being

**L** – Living in the Wider World

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| **Autumn 1** | H11 – Learn about different feelings that humans can experience |
| H12 – 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 way at the same time, or feels same about the same things |
| H18 - Managing big feelings; asking for help with feelings; how to ask for it |
| 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 **(LD)** |
| R23 – To recognise the ways in which they are the same and different to others |
| R24 – How to listen to other people and play co-operatively |
| R25 – How to talk about and share their opinions on things that matter to them |

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| **Autumn 2** | R1 – About roles different people play in our lives |
| R2 – Identify people who love and care for them and that they do to help them feel cared for |
| R4 – To identify common features of family life |
| R5 – That it is important to tell someone if something about their family makes them unhappy or worried |
| R6 – About how people make friends and what makes a good friendship |
| R8 – Simple strategies to resolve arguments between friends positively |
| R9 – How to ask for help if a friendship is making them feel unhappy |
| R10 – That bodies and feelings can be hurt by words and actions; that people can say hurtful things online |
| R11 – About how people may feel if they experience hurtful behaviour or bullying |
| R12 – That hurtful behaviour (offline and online) including teasing, name-calling, bulling, deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult |

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| **Spring 1** | 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 |
| H25 – To name the main parts of the body; including external genitalia |
| H26 – About growing old and changing from young to old and how people’s needs change |
| R13 – To understand that some things are private and the importance of respecting privacy; that parts of their body that are covered by underwear are private |
| R14 – Some people who are online may behave differently; including by pretending they are someone they are not |
| R15 – How to respond safely to adults they don’t know |
| R18 – About the importance of now keeping adult’s secrets (only happy surprises that others will find out about eventually) |
| R20 – What to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard |

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| **Spring 2** | H30 – About how to keep safe at home including fire safety 1.12.20 |
| H32 – About how to keep safe in familiar and unfamiliar environments e.g. beach, shopping centre, park, swimming pool etc… |
| H33 – About people who keep us safe |
| H34 – Basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them |
| H35 – About what to do if there is an accident and someone is hurt |
| H36 - About how to get help in an emergency (how to dial 999 and what to say) 1.12.20 |
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| **Summer 1** | H1 – What healthy means; different ways to keep healthy |
| H2 – Foods that support good health and the risks of eating too much sugar |
| H3 – Physical activity helps us to stay healthy; ways to be physically active every day |
| H4 – Why sleep is important and different ways to rest and relax |
| H5 – Simple hygiene routines that can stop germs from spreading |
| H9 – Different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV |
| H10 – About the people who help us to stay physically healthy |
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| **Summer 2** | H27 – About preparing to move to a new class / year group |
| L1 – About what rules are; why they are needed and why different rules are needed for different situations |
| L3 – About things we can do to help to look after the environment |
| L4 – About the different groups they belong to |
| L6 – To recognise the ways they are the same as, and different to other people. |
| L7 - About how the internet and digital devices can be used safely to find things out and to communicate with others. |
| L8 – About the role of the internet in everyday life |
| L9 - That not all information seen online is true |
| L10 – What money is; forms that money comes in; that money comes from different sources |
| L11 – That people make choices about how to save and spend money |
| L14 – That everyone has different strengths |
| L15 – That jobs help people to earn money to pay for things |