

Y1 PSHE CURRICULUM

1	Autumn		Spring		Summer	
	Families and people who care for me	Caring Friendships	Online Relationships	Respectful Relationships	Being Safe	Mental Wellbeing
Key Questions	To understand what is meant by 'family' and identify who is in their family To explore different types of families	Begin to understand what makes a good friend Consider how unkind behaviour can affect others	Understand how technology can be used to communicate with family and friends i.e. messaging, zoom and facetime	Understand how to treat themselves and others with respect: how to be polite and courteous To recognise the ways in which they are the same and different to others and the importance of showing respect to everyone	Know how to respond safely to adults they don't know To recognise that some things are private and the importance of respecting privacy	Articulate a range of feelings, understand that all feelings are normal and the importance of talking about how you are feeling Continue to learn strategies to calm strong feelings (Zones of Regulations)
Vocabulary	achieve, caring, choices, conflict, consequences, cooperate, cooperation, disagreement,	family, friend, friendship, group, happy, healthy, help, important,	kind, listen, love, making up, need, positive, safe, share, skills, solve, sort, special, support, talk, team, thoughtful, time, trust, trusted adult	active listening, behaviour, bullying, carer, choices, community, compliment, conflict, consequences,	considerate, discussion, fair, family, friends, group, helpful, joking, kind, learner, listening, mindset,	needed, negative, polite, positive, safe, secure, special, support, team, teasing, thoughtful, unkind
Cross Curricular	<p>These objectives are taught through the whole curriculum/assemblies:</p> <p>Physical Health and Wellbeing – Begin to understand the benefits of an active lifestyle. Know that we need exercise for a healthy body.</p> <p>Internet Safety – Begin to understand that too much time spent on electronic devices can have a negative impact on their wellbeing. Understand what to do and who to talk to if they experience something that worries them online</p> <p>Healthy Eating – To make a healthy snack</p> <p>Basic first Aid - Understand who helps us when we are not feeling well or involved in an accident</p> <p>Health and Prevention - To understand that sleep is essential for good health. To begin to understand how germs spread and the importance of handwashing</p>			<p style="text-align: center;">Sex and Relationship Education</p> <p>Introduce the concept of growing and changing.</p>		
						