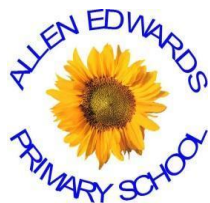


Individually Strong, Collectively Stronger!

PSHE and RSHE			Year 1		
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
 Being Me in My World:	 Celebrating Differences:	 Healthy Me:	 Dreams and Goals:	 Relationships:	 Changing Me:
1. LI: To recognise the routines, structures and expectations in PSHE sessions. LI: To feel special and safe in my class. 2 + 3. LI: To understand the rights and responsibilities as a member of my class. LI: To know that I belong to my class and to reflect on how to make my class a safe place for everybody to learn. 4. LI: To explain my views and contribute to the Learning Charter. LI: To recognise how it feels to be proud of an achievement. 5. LI: To recognise the choices I make and understand the consequences.	1. LI: To identify similarities between people in my class. 2. LI: To identify differences between people in my class. 3. LI: To tell you what bullying is. LI: To understand how being bullied might feel. 4. LI: To know some people who I could talk to if I was feeling unhappy or being bullied. 5. LI: To know how to make new friends. LI: To reflect on how it feels to make a new friend. 6. LI: To tell you some ways I am different from my friends.	1. LI: To understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy. 2. LI: To know how to make healthy lifestyle choices. LI: To understand how it feels to make healthy choices and that this is good. 3. LI: To know how to keep myself clean and healthy and how germs cause illness. LI: To know that all household products including medicines can be harmful if not used properly. 4. LI: To understand that medicines can help me if I feel poorly and to know how to use them safely.	1. LI: To set simple goals. LI: To tell you about a thing I do well. 2. LI: To set a goal and work out how to achieve it. LI: To tell you how I learn best. 3. LI: To understand how to work well with a partner and to celebrate our achievements together. 4. LI: To tackle a new challenge and understand this might stretch my learning. LI: To identify how I feel when I am faced with a new challenge. 5. LI: To identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them. LI: To know how I feel when I see obstacles and how I feel when I overcome them.	1. LI: To identify the members of my family and understand that there are lots of different types of families. LI: To understand how it feels to belong to a family and care about people who are important to you. 2. LI: To identify what being a good friend means to me. LI: To know how to make a new friend. 3. LI: To know appropriate ways of physical contact to greet my friends and know which way I prefer. LI: To recognise acceptable and unacceptable forms of physical contact to me.	1. LI: To start to understand the life cycles of animals and humans. LI: To understand that changes happen as we grow and that this is OK. 2. LI: To identify some things about me that have changed and some things about me that have stayed the same. LI: To know that changes are OK and that sometimes they will happen whether I want them to or not. 3. LI: To say how my body has changed since I was a baby. LI: To understand that growing up is natural and everybody grows at different rates. 4. LI: To identify the external parts of the



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LI: To recognise the range of feelings when I face certain consequences. 6. LI: To understand my rights and responsibilities within our Learning Charter.	LI: To understand that these differences make us all special and unique.	LI: To know some ways to help yourself when you are poorly. 5. LI: To know how to keep safe when crossing the road, and about people who can help me to stay safe. LI: To recognise when you feel frightened and know how to ask for help. 6. LI: To tell you why I think my body is amazing and can identify some ways to keep it safe and healthy. LI: To recognise how being healthy helps me to feel happy.	6. LI: To tell you how I felt when I succeeded in a new challenge and how I celebrated it. LI: To know how to store the feelings of success in my internal treasure chest.	4. LI: To know who can help me in my school community. LI: To recognise when I need help and how to ask for it. 5. LI: To recognise my qualities as a person and a friend. LI: To identify how to praise myself. 6. LI: To tell you why I appreciate someone who is special to me. LI: To express my feelings about someone special to me.	body that make boys different to girls and to use the correct names for these: penis, testicles, <u>vulva</u>, anus. LI: To respect your body and understand which parts are private. 5. LI: To understand that every time I learn something new I change a little bit. 6. LI: To talk about changes that have happened in my life. LI: To know some ways to cope with changes.
Whole school event links:					
Introductory Rights Respecting Schools afternoon LI: To explore children's rights and how we can support children whose rights are not respected	Anti-Bullying Week LI: To explore what bullying is, its effects and strategies to support myself and others. OutRight Campaign on World Children's Day LI: To explore how I can use my voice to create change	Children's Mental Health Week LI: To explore the links between physical and mental health and strategies that can support my wellbeing	Red Nose Day LI: To explore the consequences of poverty around the world and how charity and fundraising can help Aspirations Week LI: To talk with a range of adults about their jobs and reflect on my own aspirations for the future	Culture Day LI: To celebrate the diverse range of cultures that make up our school community	Refugee Week LI: To explore the changes that refugees go through and how we can support and welcome them