

Individually Strong, Collectively Stronger!

| PSHE and RSHE | | | Year 1 | | |
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| Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
| <p>Being Me in My World:</p> | <p>Celebrating Differences:</p> | <p>Dreams and Goals:</p> | <p>Healthy Me:</p> | <p>Relationships:</p> | <p>Changing Me:</p> |
| <p>LI: To feel special and safe in my class.</p> <p>LI: To understand the rights and responsibilities as a member of my class.</p> <p>LI: To understand the rights and responsibilities for being a member of my class.</p> <p>LI: To explain my views and contribute to the Learning Charter.</p> <p>LI: To recognise the choices I make and understand the consequences.</p> <p>LI: To understand my rights and responsibilities within our Learning Charter.</p> | <p>LI: To identify similarities between people in my class.</p> <p>LI: To identify differences between people in my class.</p> <p>LI: To tell you what bullying is.</p> <p>LI: To know some people who I could talk to if I was feeling unhappy or being bullied.</p> <p>LI: To know how to make new friends.</p> <p>LI: To tell you some ways I am different from my friends.</p> <p>LI: To know the importance of asking for permission in relationships (not Jigsaw-based lesson).</p> | <p>LI: To set simple goals.</p> <p>LI: To set a goal and work out how to achieve it.</p> <p>LI: To understand how to work well with a partner.</p> <p>LI: To tackle a new challenge and understand this might stretch my learning.</p> <p>LI: To identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them.</p> <p>LI: To tell you how I felt when I succeeded in a new challenge and how I celebrated it.</p> | <p>LI: To understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.</p> <p>LI: To know how to make healthy lifestyle choices.</p> <p>LI: To understand how it feels to make healthy choices and that this is good.</p> <p>LI: To know how to keep myself clean and healthy and how germs cause illness.</p> <p>LI: To understand the importance of handwashing (not Jigsaw-based lesson).</p> <p>LI: To know that all household products including medicines can be harmful if not used properly.</p> <p>LI: To understand that medicines can help me if I feel poorly.</p> <p>LI: To know some ways to help yourself when you are poorly.</p> | <p>LI: To identify the members of my family and understand that there are lots of different types of families.</p> <p>LI: To understand how it feels to belong to a family and care about people who are important to you.</p> <p>LI: To identify what being a good friend means to me.</p> <p>LI: To know how to make a new friend.</p> <p>LI: To know appropriate ways of physical contact to greet my friends and know which way I prefer.</p> <p>LI: To recognise acceptable and unacceptable forms of physical contact to me.</p> <p>LI: To know who can help me in my school community.</p> <p>LI: To recognise when I need help and how to ask for it.</p> <p>LI: To recognise my qualities as a person and a friend.</p> | <p>LI: To start to understand the life cycles of animals and humans.</p> <p>LI: To identify some things about me that have changed and some things about me that have stayed the same.</p> <p>LI: To say how my body has changed since I was a baby.</p> <p>LI: To understand that growing up is natural and everybody grows at different rates.</p> <p>LI: To identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles and vagina.</p> <p>LI: To respect your body and understand which parts are private.</p> <p>LI: To understand that every time I learn something new I change a little bit.</p> <p>LI: To say about changes those have happened in my life.</p> |



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| | | | <p>LI: To know how to keep safe when crossing the road, and about people who can help me to stay safe.</p> <p>LI: To recognise when you feel frightened and know how to ask for help.</p> <p>LI: To tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.</p> <p>LI: To recognise how being healthy helps me to feel happy.</p> | <p>LI: To identify how to praise myself.</p> <p>LI: To tell you why I appreciate someone who is special to me.</p> <p>LI: To express my feelings about someone special to me.</p> | |
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