

Year 1 PSHE curriculum overview

Term	Theme	Intent	Vocabulary
Autumn 1	Being Me	Recognise they belong to different groups and communities, explore ways in which they are unique, identify ways in which we are the same as other people and what we have in common with everyone else, offer constructive support to others, identify what makes them special	Unique, community, constructive, support, special
Autumn 2	Relationships	Recognise our behaviour can affect others, recognise what is fair and unfair, kind and unkind, what is right and wrong, listen to other people and play and work co-operatively (including strategies to resolve simple arguments through negotiation), offering constructive support and feedback to others, identify their special people e.g. family, friends, and how they should care for each other	Fair, unfair, kind, unkind, constructive, support, feedback, negotiation
Spring 3	Changes	Explore what change means, explore loss and change and the associated feelings, explore the changes of growing from young to old, manage change positively, identifying strategies and where to go for help	Change, loss, old, young, growing
Spring 4	Exploring Emotions	Recognise a range of feelings in ourselves and other people, recognise how others show feelings and how to respond, recognise their behaviour can affect others, communicating feelings to others, develop simple strategies for managing feelings, use words to describe a range of feelings	Feelings, behaviour, strategy, managing

Year 1 PSHE curriculum overview

Summer 5	Being Healthy	Explore what a healthy lifestyle means, identify the benefits of a healthy lifestyle, identify ways of keeping healthy, recognise what they like and dislike, recognise that choice can have good and not so good consequences, set simple goals, recognise the importance of personal hygiene, develop simple skills to help prevent diseases spreading	Healthy, lifestyle, consequences, goals, diet, hygiene, disease
Summer 6	Growing Up	The process of growing from young to old, explore growing and changing and becoming independent, the correct names for the main parts of the body (including external genitalia), identify people that they can ask for help and think about how they might do this, identify ways of keeping safe, know that they do not keep secrets, about privacy in different contexts, respect the needs of ourselves and other people, identify similarities and differences, what physical contact is acceptable, everyone is unique	Independent, unique, body parts including penis and vagina, secret, privacy