

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
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	Independent, unique, body parts including penis and vagina, secret, privacy

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		and other people, identify similarities and differences, what physical contact is acceptable, everyone is unique	
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