



## Year 1 PSHE Overview

## Excited to learn with confidence together in God's hands.

Key Question:	Topic:	In this unit of work, pupils learn...
<b>Autumn 1</b> <b>Who is special to us?</b>	<b>Relationships</b> Ourselves and others; people who care for us; groups we belong to; families	that family is one of the groups they belong to, as well as, for example, school, friends, clubs about the different people in their family / those that love and care for them what their family members, or people that are special to them, do to make them feel loved and cared for how families are all different but share common features – what is the same and different about them about different features of family life, including what families do / enjoy together that it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried
<b>Autumn 2</b> <b>How can we look after each other and the world?</b>	<b>Living in the Wider World</b> Ourselves and others; the world around us; caring for others; growing & changing	how kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively the responsibilities they have in and out of the classroom how people and animals need to be looked after and cared for what can harm the local and global environment; how they and others can help care for it how people grow and change and how people's needs change as they grow from young to old how to manage change when moving to a new class/year group
<b>Spring 1</b> <b>What helps us stay healthy?</b>	<b>Health and Wellbeing</b> Being healthy; hygiene; medicines; people who help us with health	what being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor) that things people put into or onto their bodies can affect how they feel how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy why hygiene is important and how simple hygiene routines can stop germs from being passed on what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing
<b>Spring 2</b> <b>What can we do with money?</b>	<b>Living in the Wider World</b> Money; making choices; needs and wants	what money is - that money comes in different forms how money is obtained (e.g. earned, won, borrowed, presents) how people make choices about what to do with money, including spending and saving the difference between needs and wants - that people may not always be able to have the things they want how to keep money safe and the different ways of doing this
<b>Summer 1</b> <b>What is the same and different about us?</b>	<b>Relationships</b> Ourselves and others; similarities and differences; individuality; our bodies	what they like/dislike and are good at what makes them special and how everyone has different strengths how their personal features or qualities are unique to them how they are similar or different to others, and what they have in common to use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private
<b>Summer 2</b> <b>Who helps to keep us safe?</b>	<b>Health and Wellbeing</b> Keeping safe; people who help us	that people have different roles in the community to help them keep safe - the jobs they do and how they help people who can help them in different places and situations; how to attract someone's attention or ask for help; what to say and how to respond safely to adults they don't know what to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say



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