

Streetsbrook Infant & Early Years Academy

PSHE Curriculum Overview

Year 1 PSHE Curriculum Overview

Term and theme	Lesson content
Autumn 1 Me and My Relationships	Within this topic the children will learn to describe different feelings and how they make our bodies feel, within this they will learn strategies of dealing with 'not so good' feelings. They will understand how our actions impact others and how to recognise special qualities in those close to us. They will also continue their learning around trusted adults and the ways in which these adults help keep them safe.
Autumn 2 Valuing Difference	Within this topic the children will learn the differences between teasing, being unkind and bullying. They will recognise that everyone is different and will have different thoughts and ideas. The children will learn to celebrate and show empathy for those who are different and identify those who are special to them. They will also identify ways in which we can show kindness to others and the impact that has on them.
Spring 1 Keeping Myself Safe	Within this topic the children will learn what our bodies need. They will also recognise emotions and the physical feelings associated with feeling unsafe, within this, the children will revisit the PANTS rule. They will also learn about safety and responsibilities around medicines.
Spring 2 Rights and Responsibilities	Within this topic the children will identify ways to take care of their health and how and why it is important to take care of their environment. They will learn about ways to take care of something or someone else and consider the importance of looking after money. They will also explore what to do if someone is injured.
Summer 1 Being My Best	Within this topic the children will learn how a variety of healthy food can help us feel/stay well. They will recognise that learning a new skill requires practice and the opportunity to safely fail. They will identify strategies to resolve conflict and how to give and receive praise.
Summer 2 Growing and Changing	Within this topic the children will learn about what babies need to stay happy and healthy and to identify changes they have made since they were a baby. They will learn the difference between a surprise and a secret and who they can talk to about secrets. They will begin to identify some internal organs and systems and the parts of their body which are private. They will also learn to identify who they can talk to if they are worried and who it is safe to talk to about their private parts.