

**Year 1 Curriculum subject plan**  
**PSHE**

YEAR 1	AUTUMN		SPRING		SUMMER	
	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing
	<p><b>Relationships</b> <i>Children will be taught:</i></p> <ul style="list-style-type: none"> <li>• To communicate their feelings to others, to recognise how others show feelings and how to respond.</li> <li>• To share their opinions on things that matter to them and explain their views through discussions with other person and the whole class.</li> <li>• To listen to other people and play and work co-operatively (including strategies to resolve simple arguments through negotiation).</li> <li>• To identify their special people (family, friends, carers), what makes them special and how special people should care for one another.</li> <li>• To recognise how their behaviour affects other people.</li> <li>• To recognise what is fair and unfair, kind and unkind, what is right and wrong.</li> <li>• To recognise when people are being unkind either to them or others, how to respond, who to tell and what to say.</li> </ul> <p><b>Health and Wellbeing</b> <i>Children will be taught:</i></p> <ul style="list-style-type: none"> <li>• What constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health.</li> <li>• To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health.</li> <li>• To recognise that choices can have good and not so good consequences.</li> <li>• The importance of and how to maintain personal hygiene.</li> <li>• About the process of growing from young to old and how people's needs change.</li> <li>• That household products, including medicines, can be harmful if not used properly.</li> <li>• About people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them.</li> <li>• About change and loss and the associated feelings (including moving home, losing toys, pets or friends).</li> </ul> <p><b>Living in the Wider World</b> <i>Children will be taught:</i></p> <ul style="list-style-type: none"> <li>• To help construct and agree to follow group and class rules and to understand how these rules help them.</li> <li>• How to contribute to the life of the classroom.</li> <li>• That they belong to various groups and communities such as family and school.</li> <li>• That money comes from different sources and can be used for different purposes, including the concepts of spending and saving.</li> </ul>					

