Year 1 PSHCE Curriculum

Term	Pupils will learn about	Character Curriculum themes	Targeted RESPECT Characteristics	British Values
Autumn 1	**Me and My Relationships** Why we have classroom rules, Thinking about feelings, Our feelings, Feelings and bodies Our special people , Good friends, How are you listening?	**Traditional Tales** How can we keep safe when outdoors? How can we apologise when we do something wrong? How important is money? How can who care for someone who is poorly? What makes a home?	**Communication, Excellence:** ✓ To talk and share information with their team-mates in a clear way ✓ To work as a group to achieve a shared outcome ✓ To take turns ✓ To be creative	
Autumn 2	**Valuing Difference** People who are different, Unkind, tease or bully? School rules, Who are our special people? It's not fair!			
Spring 1	**Keeping Myself Safe** Healthy me, Sleep, Who can help us? Feelings and losing things, Medicines, Good or bad touches? Sharing pictures	**Simba** Considering what we value in friends. What makes us good friends to others? How have we settled into Year 1? How is it different to Reception? How can we make our classroom look more homely? Why is it important to look after our bodies and to make sure we are eating the right food? Would you risk danger to save your friend? Why/why not? Why is our personal safety important? What emotions do we have and how can we learn to control them? How do we feel when we have achieved something? What have you done this term that you can be proud of?	**Resilience, Empathy, Self Aware** ✓ To learn what qualities make a good friend ✓ How to help our friends ✓ The importance of good manners ✓ To begin to self-regulate any negative behaviours	**Democracy** Introduction to rulers (kings, queens, president) and how they are chosen.
Spring 2	**Rights and Responsibilities** Self-hygiene, Around and about the school Taking care of something, How should we look after our money? Basic first aid			
Summer 1	**Being my Best** Eating well, Catch it! Bin it! Kill it! How to ride a bike, Praising others, Coping with a bad day	**Steve Backshall** How can we look after the environment? How can we cope when things go wrong? What can we do when we are scared?	**Teamwork, Resilience** ✓ To have a better understanding of the emotions we feel ✓ To know that we can affect the feelings of others ✓ How to look after our pets ✓ To know that we can learn from our mistakes	**Mutual Tolerance and Respect** Respecting traditions and cultures different to our own
Summer 2	**Growing and Changing** Inside my wonderful body! Taking care of a baby Then and now, Who can help us? Secrets Keeping privates private (Using the terms vagina/vulva and penis)			

Red text is non-statutory and parents have the right to withdraw