

PSHE

Long term plan

Key Stage 1						
Yr	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being me in my world	Celebrating difference	Dreams and goals	Healthy me	Relationships	Changing me
1	<ul style="list-style-type: none"> •Feel safe and special in my class •Feel I belong in my class •Understand my rights and responsibilities •Know how to make my class a safe space for everyone •Feel proud of my achievements •Know my views are valued •Recognise how I feel in a range of situations •Understand the consequences of my choices 	<ul style="list-style-type: none"> •Recognise similarities and differences between people in my class •Know how my friends and I are the same and different •Know what bullying is •Understand how it might feel to be bullied •Know who I can talk to if I felt unhappy •Know how to be kind to other children •Know how to make new friends •Know that our differences make us special 	<ul style="list-style-type: none"> •Setting simple goals and knowing how to achieve them •Knowing what I do well and how I learn best •Understanding how to work with a partner and celebrate our achievements •Knowing how I feel when I face a new challenge and understanding that it will help me learn •Explain how I feel when I face a new obstacle and how it feels to overcome them •Know which obstacles make it difficult to achieve a new challenge 	<ul style="list-style-type: none"> •Know ways to keep healthy and feel good about making healthy lifestyle choices •Know how to keep clean, healthy and safe at home •Understand that germs can cause illness and medicines can be harmful •Know that medicine can help me know who can help me stay safe when crossing the road •Recognise if I feel frightened and know who to ask for help •Know my body is amazing and keeping it safe and healthy makes me happy 	<ul style="list-style-type: none"> •Identify members of my family, understand that families look different, know how it feels to belong to a family are care for others •Know how to be a good friend and make new friends •Know how to greet people and how I like to be greeted •Know when I need help at school and who can help me •Recognise my qualities as a person and friend •Explain why I appreciate someone who is special to me and express how I feel about them 	<ul style="list-style-type: none"> •Beginning to understand life cycles and know about changes •Identify how I have changed since I was a baby and understand that it is natural and everyone grows at a different rate •Identify and name body parts and understand which parts are private •Enjoy learning new things and know that this changes us •Identify changes in my life and how I cope with change
2	<ul style="list-style-type: none"> •Identify hopes and fears •Recognise when I feel worried and know when to ask for help •Feel that I belong and helping others to feel they belong •Know my rights and responsibilities and the value of contributing •Help make my class a safe and fair place •Listen to other people's contributions and share my own ideas about rewards and consequences •Work cooperatively •Understand how our school rules help everyone learn •Recognise the choices I make and understanding the consequences 	<ul style="list-style-type: none"> •Beginning to be aware that people can make assumptions about boys and girls •Understanding some ways that boys and girls are the same and different •Understanding that bullying is sometimes about differences •Identifying how someone being bullied feels and how to be kind to others •Recognise what is right and wrong and know how to look after myself •Know when and how to stand up for myself and others and how to get help •Understanding it is ok to be different from others and be their friends •Understanding that we don't judge people for being different and knowing that being different makes us special 	<ul style="list-style-type: none"> •Choosing a goal and think about how to achieve it •Know what I have achieved and how it makes me feel •Persevering at difficult tasks and recognise my strengths as a learner •Recognising who I work well with, how this helps me learn and who I find it difficult to work with •Working as part of a group to solve problems and create an end product •Identify how it feels to work as part of a group and how I worked well in the group •Know how to contribute to the group's success and share success as part of a group 	<ul style="list-style-type: none"> •Know what my body needs to be healthy and motivated to make healthy lifestyle choices •Identify the feeling of relaxed and stressed and know what causes the feelings •Understand how medicines work and the importance of using them safely •Feel positive about caring for my body and keeping it healthy •Sort foods into correct groups •Understand healthy eating and keep a positive relationship with food •Explain how healthy snacks are good for my body and identify how it feels to share healthy food •Know which foods give me energy and which are most nutritious 	<ul style="list-style-type: none"> •Identify members of my family, understand my relationship with them and the importance of sharing and cooperating •Know that everyone's family is different and valued •Understand there are acceptable and not acceptable forms of physical contact in a family and know the difference •Identify causes of conflict and use problem-solving to resolve conflicts with my friends •Knowing when to keep and not keep a secret and know how it feels to have or keep a secret •Recognise people who can help me beyond my family and know who I can trust •Express appreciation for people and can accept appreciation from others 	<ul style="list-style-type: none"> •Recognise cycles of life •Understand that I will change and recognise how I feel about this •Know the process of growing from young to old and identify people older than me who I respect •Recognise how my body has changed since I was a baby and that it will continue to change •Feeling proud as I become more independent •Recognise physical differences between boys and girls and name body parts •Understand there are different types of touch and confidently say which I like and don't like •Know when/how to ask for help •Identify what I am looking forward to and changes I will make