



Term	Key Topics	Sub topic / Sub Questions / Knowledge	Subject Specific Vocabulary	Linked Visits in / Visits out	Assessment will be based on a formative approach of children being able to answer the key questions using the knowledge acquired over the half term through a quiz-based approach.
<p>Autumn Term</p> 	<p>Relationships</p>	<p>Families, Friendships and People Who Care for Me – Roles of different.</p> <p>Who are my friends? Who are the people who care for me? Who are the members of my family? What is a family? Are all families the same? How can I share worries about my family? Know that I belong to a family. Know who my family members are. Know about the people who care for me. Begin to understand that not all families are the same. Know how to make friends. Know what makes a good friend. Know when I am being a good friend myself. Know that it is important to celebrate good friendships. Know who I can tell if I am worried about my family.</p> <p>Respectful Relationships – Staying safe and privacy, stranger danger and personal information.</p> <p>When should I ask for help? When might I hurt someone's feelings? Who can help me if my feelings are hurt? What are the different types of touch? Which parts of my body are private? What is the underpants rule? What is personal space? What can I do if I am uncomfortable with how close someone is to me?</p>	<p>Friendship, family members, worries.</p> <p>Personal space, permission, hurtful behaviour, touch, private parts, comfort, help.</p>		

		<p>How can I give permission for someone to come into my personal space? Why is it important to ask for permission before I touch others? Know that my feelings can be hurt by others. Know that I can hurt the feelings of those around me with my actions. Know that 'physical contact' means touch. Know and think about the physical contact that I am comfortable with. Know the types of contact that I am not comfortable with. Know that some parts of my body are private. Know the underpants song and rule. Know that I should ask permission before touching others. Know what 'personal space' means. Know who can help me if I feel unsafe or uncomfortable.</p>			
		<p>Respecting ourselves and Those Around Us Being polite or disrespectful. How am I unique or special?</p> <p>How does my behaviour affect other people? What does kind and unkind behaviour look like inside school? What does kind and unkind behaviour look like out of school? How do I feel when someone is unkind to me? How do I make people feel when I am unkind to them? What does 'respect' mean?</p> <p>Know what unkind behaviour looks like. Know and talk about how I feel when someone is unkind to me. Know how I make others feel when I am unkind to them. Know what 'respect' means. Know who can help me at school if someone has been unkind to me.</p>	<p>Respect, kindness, upset, behaviour, feelings, worries, sadness, hurt.</p>		

		<p>Know who can help me at home if someone has been unkind to me.</p>			
<p>Spring Term</p>	<p>Living in a Wider World</p>	<p>Belonging to a Community – School and class rules, caring for others and the environment</p> <p>How can I take care of the things around me? What are our class rules and why do we need them? How do our rules help us to be happy at school? Do rules change depending on where we are in school or times of day? How can we take care of the animals around us? How do we take care of living things? Why is it important to recycle?</p> <p>Know my class and school rules. Know that rules can sometimes change at different times and places throughout the day. Know that my needs may be different from my friend's. Know how to care for the things around me, including animals and living things. Know how I can help to look after the environment by recycling. Begin to understand why it is important to look after the environment.</p>	<p>Rules, care, environment, recycle.</p>		

	<p>Keeping Safe and Online Relationships – How rules and age restrictions help to protect them. Safety in the home.</p> <p>How can we stay safe online? What is ‘personal information’? Why should I not share this online? Why do people use the internet? How can I be safe online? How do rules keep us safe? How do age restrictions keep us safe?</p> <p>Know what ‘personal information’ is. Begin to understand what people might use my personal information for. Know that people are not always telling the truth online. Know why people use the internet. Know how I can be safe on the internet. Know to tell an adult if I am worried about anything that I have seen on the internet. Know that the adults around me help to keep me safe by making rules. Know why some things have age restrictions (games, films, toys etc). Know the basic rules for keeping safe online.</p>	<p>Personal information, truth, honesty, restrictions, safety.</p>		
	<p>Money and Work – Interests, what jobs interest them?</p> <p>What do I want to be when I grow up? What am I good at? What do I want to practise and be better at? What are the jobs that people do? How do people with special jobs help us in our local area?</p>	<p>Strengths, interests, community, jobs.</p>		

		<p>Know what I am good at. Know what 'strengths' are. Know that everyone has different strengths, and this is ok. Know that people have different interests. Know that people want to do different jobs. Begin to think about what I would like to do when I am older. Know the jobs of people who help me in the community.</p>			
<p>Summer Term</p> 	<p>Health and Wellbeing</p>	<p>Physical Health and Mental Well Being – Keeping healthy, healthy eating, hygiene routines, dental hygiene, sun safety. Worries and who can help them.</p> <p>How can I keep my body healthy? What does 'healthy' mean? Why is it important to be healthy? How can I make sure that my body is healthy? How can I keep myself clean? What are germs? What foods should I not eat much of? Which foods does my body need to be healthy? How is too much sugar not good for my body and teeth? Why do I need to drink water? How does my play keep me healthy? Who can help me to be healthy? Why do I need to protect my skin from the sunshine?</p> <p>Begin to understand what it means to be 'healthy'. Begin to know why it is important to be healthy. Know how I can look after myself and keep myself clean. Know why it is important to wash my hands. Know what germs are.</p>	<p>Health, unhealthy, germs, physical activity, cleanliness, protect, hygiene.</p>		

		<p>Know about the foods that are unhealthy. Know how unhealthy foods affect my teeth and body. Begin to understand that physical activity is important. Know about different types of play and which are good and bad for me (playing outside vs video games). Know the people who help me to be healthy (parents, doctors, nurses, dentists). Know that I need to protect my skin from the sunshine and begin to understand why.</p>			
		<p>Growing and Changing – Naming body parts, including sexual organs. How their body has changed up to the present day.</p> <p>How have I changed so far? What makes me special? What body parts do I have? What are the names for them? How am I the same or different to my friends? How do I know what I am feeling? Who can I ask for help if I need help with my feelings? How do my feelings affect my behaviour? How do I feel about moving class? Who can I share my worries with about moving class?</p> <p>Know and talk about what makes me special. Know that I am unique. Know what I like and dislike. Know and talk about what I am good at. Know who I can tell if I am finding things difficult. Know who I can ask for help when things go wrong. Know how I am the same as my friends. Know how I am different to my friends. Know that boys have a penis and testicles.</p>	<p>Dislikes, special, unique, differences, growing, changing, penis, testicles, vagina, help, changes</p>		

PSHE Medium Term Planning

Year: 1

		<p>Know that girls have a vagina. Begin to understand that it is ok to be different. Know that changes in my life can affect my feelings. Know who to ask for help if I am worried or upset. Know how to recognise when my friends are worried or upset.</p>			
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