

Year 1 PSHE Autumn

Being me in my world

Feeling special and safe Being part of a class Rights and responsibilities  
 Rewards and feeling proud Consequences Owning the Learning Charter

Celebrate difference

Similarities and differences Understanding bullying and knowing how to deal with it  
 Making new friends Celebrating the differences in everyone

Spring

Dreams and goals

Setting goals Identifying successes and achievements Learning styles  
 Working well and celebrating achievement with a partner Tackling new  
 challenges Identifying and overcoming obstacles Feelings of success

Healthy me

Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe  
 Medicine safety/safety with household items Road safety Linking health and  
 happiness

Summer

Relationships

Belonging to a family Making friends/being a good friend Physical contact  
 preferences People who help us Qualities as a friend and person Self-  
 acknowledgement Being a good friend to myself Celebrating special  
 relationships

Changing me

Life cycles - animal and human Changes in me Changes since being a baby  
 Differences between female and male bodies (correct terminology) Linking growing  
 and learning Coping with change Transition