

Year 1 PSHE and RHE Curriculum Map

Autumn 1	Autumn 2
Being Me in My World • I feel special and safe in my class • I understand the rights and responsibilities as a member of my class • I know that I belong to my class • I understand the rights and responsibilities for being a member of my class • I know how to make my class a safe place for everybody to learn • I know my views are valued and can contribute to the Learning Charter • I recognise how it feels to be proud of an achievement • I can recognise the choices I make and understand the consequences • I recognise the range of feelings when I face certain consequences • I understand my rights and responsibilities within our Learning Charter • I understand my choices in following the Learning Charter	Celebrating Differences • I can identify similarities between people in my class • I can tell you some ways in which I am the same as my friends • I can identify differences between people in my class • I can tell you some ways I am different from my friends • I can tell you what bullying is • I understand how being bullied might feel • I know some people who I could talk to if I was feeling unhappy or being bullied • I can be kind to children who are bullied • I know how to make new friends • I know how it feels to make a new friend • I can tell you some ways I am different from my friends • I understand these differences make us all special and unique
Spring 1	Spring 2
Dreams and Goals • I can set simple goals • I can tell you about a thing I do well • I can set a goal and work out how to achieve it • I can tell you how I learn best • I understand how to work well with a partner • I can celebrate achievement with my partner • I can tackle a new challenge and understand this might stretch my learning • I can identify how I feel when I am faced with a new challenge • I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them • I know how I feel when I see obstacles and how I feel when I overcome them • I can tell you how I felt when I succeeded in a new challenge and how I celebrated it • I know how to store the feelings of success in my internal treasure chest	Healthy Me • I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy • I feel good about myself when I make healthy choices • I know how to make healthy lifestyle choices • I feel good about myself when I make healthy choices • I know how to keep myself clean and healthy, and understand how germs cause disease/illness • I know that all household products including medicines can be harmful if not used properly • I am special so I keep myself safe • I understand that medicines can help me if I feel poorly and I know how to use them safely • I know some ways to help myself when I feel poorly • I know how to keep safe when crossing the road, and about people who can help me to stay safe • I can recognise when I feel frightened and know who to ask for help • I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy • I can recognise how being healthy helps me to feel happy

Summer 1	Summer 2
Relationships • I can identify the members of my family and understand that there are lots of different types of families • I know how it feels to belong to a family and care about the people who are important to me • I can identify what being a good friend means to me • I know how to make a new friend • I know appropriate ways of physical contact to greet my friends and know which ways I prefer • I can recognise which forms of physical contact are acceptable and unacceptable to me • I know who can help me in my school community • I know when I need help and know how to ask for it • I can recognise my qualities as person and a friend • I know ways to praise myself • I can tell you why I appreciate someone who is special to me • I can express how I feel about them	Sun Safety • I know what to wear to keep myself safe from the sun • I recognise the sun is good for me but I need to play in it safely Changing Me • I am starting to understand the life cycles of animals and humans • I understand that changes happen as we grow and that this is • I can tell you some things about me that have changed and some things about me that have stayed the same • I know that changes are OK and that sometimes they will happen whether I want them to or not • I can tell you how my body has changed since I was a baby • I understand that growing up is natural and that everybody grows at different rates • I understand that every time I learn something new I change a little bit • I enjoy learning new things • I can tell you about changes that have happened in my life • I know some ways to cope with changes