

PSHE Y1 CURRICULUM

Y1 - PSHE		
Autumn 1	Spring 1	Summer 1
<p>The caring school Feelings, friends and friendships Pupils learn:</p> <ul style="list-style-type: none"> • How to make the classroom a happy place for everyone to work and play • What is a friend? • How we learn to value differences • How to be good friend • To recognise similarities and differences in other people 	<p>Healthy eating and hygiene Pupils learn:</p> <ul style="list-style-type: none"> • How much sugar is in popular food and drink • About food that is associated with special times in different cultures • About basic personal hygiene • The benefits of good oral hygiene • How to look after our teeth 	<p>Growing and changing Pupils learn:</p> <ul style="list-style-type: none"> • To recognise how they are growing and changing. <p>Keeping myself safe Pupils learn:</p> <ul style="list-style-type: none"> • Safety in familiar places • About personal safety • About people who help keep them safe outside the home • About sun safety
Autumn 2	Spring 2	Summer 2
<p>Focus on special people and Anti-bullying Pupils learn:</p> <ul style="list-style-type: none"> • How families are different • Who the special people, who help us • What the role is of people who keep us safe • What bullying is • Ways to prevent bullying 	<p>Physical health and wellbeing Pupils learn:</p> <ul style="list-style-type: none"> • The effect exercise has on our bodies • Why exercise is important and discuss: Is spending lots of screen time good for you? Why/Why not? • About the importance of sleep • What emotions are and how to manage them 	<p>The world of drugs Pupils learn:</p> <ul style="list-style-type: none"> • About what can go into bodies and how it can make people feel • About what can go onto bodies and how it can make people feel • To recognise medicines and other dangerous substances • Strategies for saying no when not wanting to do something