



## PSHE: Long Term Plan - Year 1

*'Do everything in love' (1 Corinthians 16:14)*

Term	Topic	Objectives	Learning Outcomes
Autumn Term – Relationships	Respecting Ourselves and Others	How behaviour affects others, being polite and respectful	Know what kind or unkind behaviour means in and out of school, and how it can make people feel Understand what respect means Know about class rules, being polite to others, sharing and taking turns
	Families and Friendships	Roles of different people, families, feeling cared for	Identify the people who care for us, know the role they have in our lives and how they care for us Understand what it means to be part of a family and how families are different Understand the importance of telling someone if something makes them unhappy or worried
	Safe Relationships	Recognising privacy, staying safe, seeking permission	Understand that bodies and feelings can be hurt by words and actions and who to go to for help Recognise what it means to keep something private, including parts of the body that are private Identify different types of touch and how they make people feel (good and bad touch) Know how to respond if being touched makes you feel uncomfortable or unsafe Know when it is important to ask for permission to touch others, how to ask for permission and how to give/not give permission
Spring Term – Living in the Wider World	Belonging to a Community	What rules are, caring for others' needs, looking after the environment	Identify examples of rules in different situations Understand that different people and other living things have different needs and how to care for them Know how to look after the environment
	Media literacy and digital resilience	Using the internet and digital devices, communicating online	Know how and why people use the internet Understand the benefits of using the internet and digital devices Know how people find things out and communicate safely with others online
	Money and work	Strengths and interests, jobs in the community	Understand that everyone has different strengths, in and out of school Know different strengths are needed to do different jobs Know about different jobs and the work people do Know about the people whose job it is to help us in the community



Summer Term – Health and Wellbeing	Physical health and mental wellbeing	Keeping healthy, food and exercise, hygiene routines, sun safety	<p>Understand what it means to be healthy and why it is important</p> <p>Know ways to take care of ourselves on a daily basis</p> <p>Know about basic hygiene routines</p> <p>Recognise healthy and unhealthy foods, including sugar intake</p> <p>Know about physical activity and how it keeps people healthy</p> <p>Know about different types of play and how to balance them</p> <p>Know who can help keep us healthy, eg. Doctor, dentist, parents, lunchtime supervisors</p> <p>Know how to keep safe in the sun</p>
	Growing and changing	Recognising what makes them unique and special, feelings, managing when things go wrong	<p>Recognise what makes us special and unique, including our likes, dislikes and what we are good at</p> <p>Know what we should do when finding things difficult or when things go wrong</p> <p>Know how we are the same and different to others</p> <p>Understand humans can experience different feelings and know how to recognise them in others and ourselves</p> <p>Know how feelings can affect behaviour</p>
	Keeping safe	How rules and age restrictions help us, keeping safe online	<p>Understand how rules can keep us safe</p> <p>Know why some things have age restrictions</p> <p>Know some basic rules for keeping safe online</p> <p>Know who to tell if you see something that makes you unhappy, worried or scared online</p>