

Year 1 PSHE Coverage

'As citizens, we recognise and understand our own and other's needs so we can make informed choices about our wellbeing.'

Jigsaw Scheme Units	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Guidance	<p>The Relationship Education, Relationships and Sex Education and Health Education Statutory Guidance says that 'Schools are free to determine how to deliver the content set out in this guidance, in the context of a broad and balanced curriculum.'</p> <p>The Personal, Social, Health and Economic Education Guidance Feb 2020 says that, 'To allow teachers the flexibility to deliver high-quality PSHE we consider it unnecessary to provide new standardised frameworks or programmes of study. Teachers are best placed to understand the needs of their pupils and do not need additional central prescription.'</p>					
Subject Focus	<p>All the learning is focused around feeling special and safe this includes being part of a class and knowing their rights and responsibilities. They will understand rewards and how they link to feeling proud. They will begin to understand consequences and how they are a</p>	<p>This unit looks at similarities and differences in people. It looks at bullying and how to deal with it. Making new friends is at the centre and celebrating the differences in each other.</p>	<p>This helps children to set goals and to identify their successes and achievements. They look at learning styles and how they work well. Celebrating achievement with a partner is covered as is tackling new challenges. They will learn how to identify and overcome obstacles and how this brings feelings of success.</p>	<p>The focus is to teach children how to keep themselves healthy. Looking at healthier lifestyle choices and keeping clean. Being safe especially with medicine and household items. Road safety is covered and the unit explains how health and happiness are linked.</p>	<p>This unit looks at belonging to a family, making friends/being a good friend and physical contact preferences. It looks at people who help us, celebrating special relationships and being a good friend to yourself.</p>	<p>Changing me focuses on life cycles in nature and growing from young to old. It discusses increasing independence and differences in female and male bodies using the correct terminology. Also importantly, it prepares children for transition.</p>

Year 1 PSHE Coverage

	part of the learning Charter.					
Fab Five	<ol style="list-style-type: none"> 1. I am special. 2. I am important. 3. I am loved. 4. I am part of a class. 5. I am proud. 6. I have friends. 		<ol style="list-style-type: none"> 1. I know how to set goals. 2. I can tell you how I prefer to learn. 3. I know how success feels. 4. I know ways to stay healthy 5. I know how being healthy can help me feel happy. 		<ol style="list-style-type: none"> 1. I can explain who I have special relationships with. 2. I can say how my qualities help these relationships. 3. I can compare me now to when I was a baby. 4. I can name private body parts. 5. I know some changes that will happen to me. 	
Unit specific vocabulary	Safe Special Calm Belonging Rights Responsibilities Learning Charter Rewards Proud Consequences Upset Disappointed Illustration	Similarity/similar Same as Different from Difference Similarity Bullying Bullying behaviour Deliberate On purpose Unfair Included Bully Bullied Celebration Difference Special Unique	Proud Success Achievement Goal Treasure Coins Goal Learning Stepping stones Process Garden Dreams Working together Team work Achievement Celebrate Learning Stretchy Challenge Feelings Challenge Obstacle Overcome Achieve Goal Stepping stones Success Celebration Internal treasure	Healthy Unhealthy Balanced Exercise Sleep Choices Clean Body parts Toiletry items, e.g. toothbrush, shampoo, soap Hygienic Safe Medicines Trust Safe Safety Green Cross Code	Family Belong Different Same Greeting Touch Feel Texture Like Dislike Friends Friendship Qualities Caring Sharing Kind Help Helpful Community Feelings Confidence Praise Qualities Skills Self belief Incredible Proud Celebrate Relationships	Changes Life cycle Baby Adulthood Grown up Growing up Adult Mature Change Male Female Vagina Penis Testicles Vulva Anus Learn New Grow Change Feelings Anxious Worried Excited Coping

Year 1 PSHE Coverage

			chest Goals Dreams Garden		Special Appreciate Feelings	
--	--	--	------------------------------	--	--------------------------------	--