

# PSHE Curriculum Overview 2021-2022

Year 1

| <b>I - Being Me in My World</b>                 | <b>Piece</b>                   | <b>PSHE learning intention</b>  | <b>Social and emotional development learning intention</b>         |
|---|--------------------------------|---|--|
| Help others to feel welcome                     | 1. Special and Safe            | I know how to use my Jigsaw Journal   | I feel special and safe in my class                                |
| Try to make our school community a better place | 2. My Class                    | I understand the rights and responsibilities as a member of my class        | I know that I belong to my class                                   |
| Think about everyone's right to learn           | 3. Rights and Responsibilities | 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    |
| Care about other people's feelings              | 4. Rewards and Feeling Proud   | I know my views are valued and can contribute to the Learning Charter       | I recognise how it feels to be proud of an achievement             |
| Work well with others                           | 5. Consequences                | I can recognise the choices I make and understand the consequences          | I recognise the range of feelings when I face certain consequences |
| Choose to follow the Learning Charter           | 6. Owning our Learning Charter | I understand my rights and responsibilities within our Learning Charter     | I understand my choices in following the Learning Charter          |

| 2 – Celebrating Difference                   | Piece                                     | PSHE learning intention  | Social and emotional development learning intention           |
|--|---|--|---|
| Accept that everyone is different            | 1. The same as...                         | I can identify similarities between people in my class                           | I can tell you some ways in which I am the same as my friends |
| Include others when working and playing      | 2. Different from...                      | I can identify differences between people in my class                            | I can tell you some ways I am different from my friends       |
| Know how to help if someone is being bullied | 3. What is 'bullying'?                    | I can tell you what bullying is  | I understand how being bullied might feel                     |
| Try to solve problems                        | 4. What do I do about bullying?           | 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                     |
| Use kind words                               | 5. Making new friends                     | I know how to make new friends   | I know how it feels to make a new friend                      |
| Know how to give and receive compliments     | 6. Celebrating difference; celebrating me | I can tell you some ways I am different from my friends                          | I understand these differences make us all special and unique |

| 3 – Dreams & Goals                                     | Piece  | PSHE learning intention   | Social and emotional development learning intention                        |
|--|--|---|--|
| Stay motivated when doing something challenging        | 1. My Treasure Chest of Success                          | I can set simple goals  | I can tell you about a thing I do well                                     |
| Keep trying even when it is difficult                  | 2. Steps to Goals  | I can set a goal and work out how to achieve it   | I can tell you how I learn best  |
| Work well with a partner or in a group                 | 3. Achieving Together<br>Puzzle outcome: Dream wellies   | I understand how to work well with a partner  | I can celebrate achievement with my partner                                |
| Have a positive attitude                               | 4. Stretchy Learning<br>Puzzle outcome: Stretchy flowers | 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             |
| Help others to achieve their goals                     | 5. Overcoming Obstacles                                  | 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 |
| Are working hard to achieve their own dreams and goals | 6. Celebrating My Success                                | 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  |

| 4 – Healthy Me   | Piece   | PSHE learning intention   | Social and emotional development learning intention                 |
|--|---|---|---|
| Have made a healthy choice                                 | 1. Being Healthy  | 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                |
| Have eaten a healthy, balanced diet                        | 2. Healthy Choices  | I know how to make healthy lifestyle choices  | I feel good about myself when I make healthy choices                |
| Have been physically active                                | 3. Clean and Healthy  | I know how to keep myself clean and healthy, and understand how germs cause disease/illness<br><br>I know that all household products including medicines can be harmful if not used properly | I am special so I keep myself safe                                  |
| Have tried to keep themselves and others safe              | 4. Medicine Safety  | 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                  |
| Know how to be a good friend and enjoy healthy friendships | 5. Road Safety  | 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 |
| Know how to keep calm and deal with difficult situations   | 6. Happy, Healthy Me<br><br>Puzzle outcome: Keeping clean and healthy | 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            |

| 5 - Relationships   | Piece   | PSHE learning intention   | Social and emotional development learning intention   |
|---|---|---|---|
| Know how to make friends  | 1. Families   | 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 |
| Try to solve friendship problems when they occur                    | 2. Making Friends   | I can identify what being a good friend means to me   | I know how to make a new friend   |
| Help others to feel part of a group                                 | 3. Greetings  | 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       |
| Show respect in how they treat others                               | 4. People Who Help Us   | I know who can help me in my school community   | I know when I need help and know how to ask for it  |
| Know how to help themselves and others when they feel upset or hurt | 5. Being My Own Best Friend   | I can recognise my qualities as person and a friend   | I know ways to praise myself  |
| Know and show what makes a good relationship                        | 6. Celebrating My Special Relationships<br><br>Puzzle Outcome: Balloons | I can tell you why I appreciate someone who is special to me  | I can express how I feel about them   |

| 6 – Changing Me  | Pieces  | PSHE learning intention   | Social and emotional development learning intention  |
|--|---|---|--|
| Understand that everyone is unique and special                   | 1. Life cycles  | I am starting to understand the life cycles of animals and humans   | I understand that changes happen as we grow and that this is OK                              |
| Can express how they feel when change happens                    | 2. Changing Me  | 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 |
| Understand and respect the changes that they see in themselves   | 3. My Changing Body   | 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          |
| Understand and respect the changes that they see in other people | 4. Boys' and Girls' Bodies                                    | I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus | I respect my body and understand which parts are private                                     |
| Know who to ask for help if they are worried about change        | 5. Learning and Growing<br>Puzzle Outcome: Piece 5<br>Flowers | I understand that every time I learn something new I change a little bit  | I enjoy learning new things  |
| Are looking forward to change                                    | 6. Coping with Changes  | I can tell you about changes that have happened in my life  | I know some ways to cope with changes  |