

## PSHE Year 1 - Mapping to the new curriculum objectives

<b>Autumn 1</b> <b>Being Me</b>	<b>Spring 1</b> <b>Digital Me</b>	<b>Summer 1</b> <b>Healthy Me</b>
<p><u>What makes 'me' me?</u></p> <p><u>Relationships Education</u> Families and people who care for me:</p> <ul style="list-style-type: none"> <li>Families are important for children growing up because they give love, security and stability.</li> <li>Other families, even in school or the wider world, sometimes look different from their family.</li> <li>The conventions of courtesy and manners.</li> </ul> <p>Caring friendships:</p> <ul style="list-style-type: none"> <li>How important friendships are in making us feel happy and secure, and how people choose and make friends.</li> </ul> <p>Being safe:</p> <ul style="list-style-type: none"> <li>That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</li> </ul> <p><u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> <li>That there is a range of emotions.</li> <li>How to recognise and talk about their emotions.</li> </ul>	<p><u>How do we keep safe?</u></p> <p><u>Relationships Education:</u></p> <p>Online relationships:</p> <ul style="list-style-type: none"> <li>The rules and principles for keeping safe online.</li> </ul> <p>Being safe:</p> <ul style="list-style-type: none"> <li>It is not always right to keep secrets if they relate to being safe.</li> <li>How to recognise and report feelings of being unsafe or feeling bad about any adult.</li> </ul> <p><u>Health Education:</u> Internet safety and harms</p> <ul style="list-style-type: none"> <li>Where and how to report concerns and get support with issues online.</li> </ul> <p>Basic first aid:</p> <ul style="list-style-type: none"> <li>Know how to make a clear and efficient call to emergency services if necessary.</li> </ul>	<p><u>Who helps us?</u></p> <p><u>Relationships Education:</u> Caring friendships</p> <ul style="list-style-type: none"> <li>That healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded.</li> </ul> <p><u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> <li>Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</li> <li>Where and how to seek support, including whom in school they should speak to.</li> </ul> <p>Health and prevention:</p> <ul style="list-style-type: none"> <li>Dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</li> <li>Personal hygiene and germs including bacteria, viruses, how they spread and the importance of hand washing.</li> </ul>
<b>Autumn 2</b> <b>Celebrating Differences</b>	<b>Spring 2</b> <b>Changing Me</b>	<b>Summer 1</b> <b>The World and Me</b>
<p><u>What makes us special?</u></p> <p><u>Relationships Education:</u> Families and people who care for me:</p> <ul style="list-style-type: none"> <li>Other families, even in school or the wider world, sometimes look different from their family but they should respect those differences and know they are characterised by love and care.</li> </ul> <p>Respectful relationships:</p> <ul style="list-style-type: none"> <li>The importance of respecting others, even when they are very different from them.</li> </ul> <p><u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> <li>Simple self-care techniques and the importance of hobbies.</li> </ul>	<p><u>Why do my feelings change?</u></p> <p><u>Health education</u> Mental wellbeing:</p> <ul style="list-style-type: none"> <li>There is a scale of emotions that all humans experience in relation to different experiences and situations.</li> <li>How to recognise and talk about their emotions.</li> <li>How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</li> </ul>	<p><u>What is my place in the world?</u></p> <p><u>Health Education:</u> Mental wellbeing:</p> <ul style="list-style-type: none"> <li>The benefits of community participation voluntary and service based activity on mental wellbeing and happiness.</li> </ul>