



PSHE Long Term Overview



Year 1	Autumn 1
	Being me around the world
	<u>Termly Objectives</u> I know how to use my Jigsaw Journal I understand the rights and responsibilities as a member of my class I understand the rights and responsibilities for being a member of my class I know my views are valued and can contribute to the Learning Charter I can recognise the choices I make and understand the consequences I understand my rights and responsibilities within our Learning Charter
	Autumn 2
	Celebrating differences
	<u>Termly Objectives</u> I can identify similarities between people in my class I can identify differences between people in my class I can tell you what bullying is I know some people who I could talk to if I was feeling unhappy or being bullied I know how to make new friends I can tell you some ways I am different from my friends
	Spring 1
	Dreams and Goals
	<u>Termly Objectives</u> I can set simple goals I can set a goal and work out how to achieve it I understand how to work well with a partner I can tackle a new challenge and understand this might stretch my learning I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them I can tell you how I felt when I succeeded in a new challenge and how I celebrated it

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Spring 2

Healthy Me

Termly Objectives

- I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy
- I know how to make healthy lifestyle choices
- I know how to keep myself clean and healthy, and understand how germs cause disease/illness
- I know that all household products including medicines can be harmful if not used properly
- I understand that medicines can help me if I feel poorly and I know how to use them safely
- I know how to keep safe when crossing the road, and about people who can help me to stay safe
- I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy

Summer 1

Changing Me

Termly Objectives

- I am starting to understand the life cycles of animals and humans
- I can tell you some things about me that have changed and some things about me that have stayed the same
- I can tell you how my body has changed since I was a baby
- I can identify parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina, anus.
- I understand that every time I learn something new I change a bit.
- I can tell you about changes that have happened in my life.

Summer 2

Relationships

Termly Objectives

- I can identify the members of my family and understand that there are lots of different types of families
- I can identify what being a Good friend means to me
- I know appropriate ways of physical contact to greet my friends and know which ways I prefer
- I know who can help me in my school community
- I recognise my qualities as person and a friend
- I can tell you why I appreciate someone who is special to me.