KS1 PSHE Overview

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| Year Group | Being Me in My World | Celebrating Differences | Dreams and Goals | Healthy Me | Relationships | Changing Me |
| 1 | Feeling special and safe  Being part of a class  Rights and responsibilities  Rewards and feeling proud  Consequences  Owning the Learning Charter | Similarities and differences  Understanding bullying and how to deal with it  Making new friends  Celebrating the differences in everyone | Setting goals  Identifying successes and achievements  Learning styles  Working well and celebrating achievement with a partner  Tackling new challenges  Identifying and overcoming obstacles  Feelings of success | Keeping myself healthy  Healthier lifestyle choices  Keeping clean  Being safe  Medicine safety/safety with household items  Road safety  Linking health and happiness | Belonging to a family  Making friends/ being a good friend  Physical contact preferences  People who help us  Qualities as a friend and person  Self-acknowledgement  Being a good friend to myself  Celebrating special relationships | Life cycles-animal and human  Changes in me  Changes since being a baby  Differences between male and female bodies (correct terminology)  Linking growing and learning  Coping with change  Transition |
| 2 | Hopes and fears for the year  Rights and responsibilities  Rewards and consequences  Safe and fair learning environment  Valuing contributions  Choices  Recognising feelings | Assumptions and stereotypes about gender  Understanding bullying  Standing up for self and others  Making new friends  Gender diversity  Celebrating differences and remaining friends | Achieving realistic goals  Perseverance  Learning strengths  Learning with others  Group cooperation  Contributing to and sharing success | Motivation  Healthier choices  Relaxation  Healthy eating and nutrition  Healthier snacks and sharing food | Different types of family  Physical contact boundaries  Friendship and conflict  Secrets  Trust and appreciation  Expressing appreciation for special relationships | Life cycles in nature  Growing from old to young  Increasing independence  Differences in female and male bodies (correct terminology)  Assertiveness  Preparing for transition |