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 safeBeing part of a classRights and responsibilitiesRewards and feeling proudConsequencesOwning the Learning Charter | Similarities and differencesUnderstanding bullying and how to deal with itMaking new friendsCelebrating the differences in everyone | Setting goals Identifying successes and achievementsLearning stylesWorking well and celebrating achievement with a partnerTackling new challengesIdentifying and overcoming obstaclesFeelings of success | Keeping myself healthyHealthier lifestyle choicesKeeping cleanBeing safeMedicine safety/safety with household itemsRoad safetyLinking health and happiness | Belonging to a familyMaking friends/ being a good friendPhysical contact preferencesPeople who help usQualities as a friend and personSelf-acknowledgementBeing a good friend to myselfCelebrating special relationships | Life cycles-animal and humanChanges in meChanges since being a babyDifferences between male and female bodies (correct terminology)Linking growing and learningCoping with changeTransition |
| 2 | Hopes and fears for the yearRights and responsibilitiesRewards and consequencesSafe and fair learning environmentValuing contributionsChoicesRecognising feelings | Assumptions and stereotypes about genderUnderstanding bullyingStanding up for self and othersMaking new friendsGender diversityCelebrating differences and remaining friends | Achieving realistic goalsPerseveranceLearning strengthsLearning with others Group cooperationContributing to and sharing success | MotivationHealthier choicesRelaxationHealthy eating and nutritionHealthier snacks and sharing food | Different types of familyPhysical contact boundariesFriendship and conflictSecretsTrust and appreciationExpressing appreciation for special relationships | Life cycles in natureGrowing from old to youngIncreasing independenceDifferences in female and male bodies (correct terminology)AssertivenessPreparing for transition |