

PSHE – Year 1 - Long Term Plan

	National Curriculum Coverage	Assessment
Autumn	<ul style="list-style-type: none"> • Being Me in My World My class- try to make our school community a better place. Rights and responsibilities- think about everyone's right to learn. Consequences- working well with others. • Celebrating Difference The same as- accept that everyone is different. What is bullying- know how to help someone is being bullied and trying to problem solve. Making new friends- try to use kind words. 	<ul style="list-style-type: none"> • Being Me in My World I understand the rights and responsibilities as a member of my class. I can recognise the choices I make and understand the consequences • Celebrating Difference I can tell you some ways I am different from my friends I understand these differences make us all special and unique.
Spring	<ul style="list-style-type: none"> • Dreams and Goals Steps to Goals- keep trying even when it is difficult. Overcoming obstacles- help others to achieve their goals. Celebrating my success- work hard to achieve own dreams and goals. • Healthy Me Clean and healthy- eating a balanced diet and being physically active. Medicine safety- keep me and myself safe. Road safety 	<ul style="list-style-type: none"> • Dreams and Goals I can tell you how I felt when I succeeded in a new challenge and how I celebrated it. I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them • Healthy Me 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.
Summer	<ul style="list-style-type: none"> • Relationships Families People who help us- show respect in how they treat us. Being my own best friend • Changing Me Life cycles- understand that everyone is unique and special. Changing me- express how they feel when change happens. Learning and growing- know to ask for help if they are worried about change. 	<ul style="list-style-type: none"> • Relationships I can tell you why I appreciate someone who is special to me and express how I feel about them. I can indemnify members of my family and understand there are lots of different types of families. I know who can help me in my school community. • Changing Me I understand that every time I learn something new I change a little bit. I am starting to understand the life cycles of humans and animals.