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|  | PSHE Learning Coverage Document – Year 1 | | | | | |
| Y 1 | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **What is the same and different about us?** | **Who is special to us?** | **What helps us stay healthy?** | **What can we do with money?** | **Who helps to keep us safe?** | **How can we look after each other and the world?** |
| Pupils learn about what rules are, why they are needed, and why different rules are needed for different situations.  Pupils learn basic rules to keep safe online  Kapow Primary lesson – setting ground rules for RSE & PSHE  Rising Stars Unit 1.1 – We are Y1 rule writers | Pupils learn about the different people in their family / those that love and  care for them  Pupils learn what their family members, or people that are special to them,  do to make them feel loved and cared for  Pupils learn that family is one of the groups they belong to, as well as, for example, school, friends, clubs | Pupils learn what being healthy means and who helps help them to stay  healthy (e.g. parent, dentist, doctor)  Pupils learn that things people put into or onto their bodies can affect how  they feel  Pupils learn how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy  1decision: Keeping/Staying Healthy - Medicine | Pupils learn what money is - that money comes in different forms  Pupils learn how money is obtained (e.g. earned, won, borrowed, presents)  Pupils learn how to keep money safe and the different ways of doing this  Experian – Values, Money and Me (KS1) | Pupils learn that people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people  Pupils learn who can help them in different places and situations; how to attract someone’s attention or ask for help; what to say  Pupils how to respond safely to adults they don’t know | Pupils learn how kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively  Pupils learn how people and animals need to be looked after and cared for  The Smartest Giant in Town storybook |
| Pupils learn what makes them special and how everyone has different strengths  Pupils learn how their personal features or qualities are unique to them  Pupils learn how they are similar or different to others, and what they have  in common  Equality book Elmer by David McKee  PSHE Association – Inclusion, belonging and addressing extremism resources KS1 lesson Sameness and Difference | Pupils learn how families are all different but share common features – what is the same and different about them  Pupils learn about different features of family life, including what families do  / enjoy together  Pupils learn that it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried  Equality book The Great Big Book of Families by Mary Hoffman  1decision: Feelings and Emotions - Worry | Pupils learn why hygiene is important and how simple hygiene routines can  stop germs from being passed on  Pupils learn what they can do to take care of themselves on a daily basis,  e.g. brushing teeth and hair, hand washing  PSHE Association – Dental Health lesson plans  Lifebuoy – ‘Soaper Heroes’ lesson plans | Pupils learn the difference between needs and wants - that people may not  always be able to have the things they want  Pupils learn how people make choices about what to do with money,  including spending and saving  Experian – Values, Money and Me (KS1) | Pupils learn how to get help if there is an accident and someone is hurt,  including how to dial 999 in an emergency and what to say | Pupils learn what can harm the local and global environment; how they and others can help care for it |
| Pupils learn what they like/dislike and are good at  1decision: Being Responsible – Practice Makes Perfect | Pupils learn basic rules to keep safe online  Rising Stars Unit 1.2 – We are kind and thoughtful | Pupils learn basic rules to keep safe online  Rising Stars Unit 1.3 – We are responsible internet and device users | Pupils learn basic rules to keep safe online  Rising Stars Unit 1.4 – We are information protectors | Pupils learn what to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard  1decision: Feelings and Emotions - Worry | Pupils learn how people grow and change and how people’s needs change  as they grow from young to old  Pupils learn how to manage change when moving to a new class/year group |
|  | LEARNING TO BE TIMETABLED IN ADDITION TO THE FORTNIGHTLY CYCLE | | | | | |
|  |  |  |  |  | Pupils learn basic rules to keep safe online  Rising Stars Unit 1.5 – We are good digital citizens | Pupils learn to use the correct names for the main parts of the body, and that parts of bodies covered with underwear are private  - Medway Public Health Directive Primary RSE Lessons (KS1)  - NSPCC PANTS (The Underwear Rule) |
|  |  |  |  |  |  | Pupils learn basic rules to keep safe online  Rising Stars Unit 1.6 – We are responsible gamers |