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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 onlineKapow Primary lesson – setting ground rules for RSE & PSHERising Stars Unit 1.1 – We are Y1 rule writers | Pupils learn about the different people in their family / those that love andcare for themPupils learn what their family members, or people that are special to them,do to make them feel loved and cared forPupils 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 stayhealthy (e.g. parent, dentist, doctor)Pupils learn that things people put into or onto their bodies can affect howthey feelPupils learn how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy1decision: Keeping/Staying Healthy - Medicine | Pupils learn what money is - that money comes in different formsPupils learn how money is obtained (e.g. earned, won, borrowed, presents)Pupils learn how to keep money safe and the different ways of doing thisExperian – 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 peoplePupils learn who can help them in different places and situations; how to attract someone’s attention or ask for help; what to sayPupils 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-operativelyPupils learn how people and animals need to be looked after and cared forThe Smartest Giant in Town storybook |
| Pupils learn what makes them special and how everyone has different strengthsPupils learn how their personal features or qualities are unique to themPupils learn how they are similar or different to others, and what they havein commonEquality book Elmer by David McKeePSHE 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 themPupils learn about different features of family life, including what families do/ enjoy togetherPupils learn that it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worriedEquality book The Great Big Book of Families by Mary Hoffman1decision: Feelings and Emotions - Worry | Pupils learn why hygiene is important and how simple hygiene routines canstop germs from being passed onPupils learn what they can do to take care of themselves on a daily basis,e.g. brushing teeth and hair, hand washingPSHE Association – Dental Health lesson plansLifebuoy – ‘Soaper Heroes’ lesson plans | Pupils learn the difference between needs and wants - that people may notalways be able to have the things they wantPupils learn how people make choices about what to do with money,including spending and savingExperian – 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 at1decision: Being Responsible – Practice Makes Perfect | Pupils learn basic rules to keep safe onlineRising Stars Unit 1.2 – We are kind and thoughtful | Pupils learn basic rules to keep safe onlineRising Stars Unit 1.3 – We are responsible internet and device users | Pupils learn basic rules to keep safe onlineRising 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 heard1decision: Feelings and Emotions - Worry | Pupils learn how people grow and change and how people’s needs changeas they grow from young to oldPupils 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 onlineRising 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 onlineRising Stars Unit 1.6 – We are responsible gamers |