

PSHE Planning.

YEAR 1 — MEDIUM-TERM OVERVIEW			
Term	Topic	In this unit of work, students learn...	Quality Assured resources to support planning
Autumn — Relationships	Families and friendships Roles of different people; families; feeling cared for PoS Refs: R1, R2, R3, R4, R5	about people who care for them, e.g. parents, siblings, grandparents, relatives, friends, teachers <ul style="list-style-type: none"> • the role these different people play in children’s lives and how they care for them • <i>what it means to be a family and how families are different, e.g. single parents, same-sex parents, etc.</i> • about the importance of telling someone — and how to tell them — if they are worried about something in their family 	Medway Public Health Directorate - Primary RSE Lessons (KS1), Lesson 1, ‘My special people’ Metro charity KS1 Love and respectful Relationships
	Safe relationships Recognising privacy; staying safe; seeking permission PoS Refs: R10, R13, R15, R16, R17	<ul style="list-style-type: none"> • about situations when someone’s body or feelings might be hurt and whom to go to for help • <i>about what it means to keep something private, including parts of the body that are private</i> • <i>to identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches)</i> • <i>how to respond if being touched makes them feel uncomfortable or unsafe</i> • <i>when it is important to ask for permission to touch others</i> • how to ask for and give/not give permission 	NSPCC – The underwear rule resources (PANTS) 1 decision (5-8)-Relationships
	Respecting ourselves and others How behaviour affects others; being polite and respectful PoS Refs: R21, R22	<ul style="list-style-type: none"> • what kind and unkind behaviour mean in and out school • how kind and unkind behaviour can make people feel • about what respect means • about class rules, being polite to others, sharing and taking turns 	1 decision (5-8)-Being responsible Alzheimer’s Society -Creating a dementia-friendly generation (KS1)

Spring — Living in the wider world	<p>Belonging to a community What rules are; caring for others' needs; looking after the environment PoS Refs: L1, L2, L3</p>	<ul style="list-style-type: none"> • about examples of rules in different situations, e.g. class rules, rules at home, rules outside • that different people have different needs • how we care for people, animals and other living things in different ways • how they can look after the environment, e.g. recycling 	
	<p>Media literacy and Digital resilience Using the internet and digital devices; communicating online PoS Refs: L7, L8</p>	<ul style="list-style-type: none"> • how and why people use the internet • the benefits of using the internet and digital devices • how people find things out and communicate safely with others online 	
	<p>Money and Work Strengths and interests; jobs in the community PoS Refs: L14, L16, L17</p>	<ul style="list-style-type: none"> • that everyone has different strengths, in and out of school • about how different strengths and interests are needed to do different jobs • about people whose job it is to help us in the community • about different jobs and the work people do 	

Summer — Health and wellbeing	<p>Physical health and Mental wellbeing Keeping healthy; food and exercise; hygiene routines; sun safety PoS Refs: H1, H2, H3, H5, H8, H9, H10</p>	<ul style="list-style-type: none"> • what it means to be healthy and why it is important • ways to take care of themselves on a daily basis • about basic hygiene routines, e.g. hand washing • about healthy and unhealthy foods, including sugar intake • about physical activity and how it keeps people healthy • about different types of play, including balancing indoor, outdoor and screen-based play • about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors • how to keep safe in the sun 	<p>1 decision (5-8) -Keeping/staying healthy</p>
	<p>Growing and changing Recognising what makes them unique and special; feelings; managing when things go wrong PoS Refs: H11, H12, H13, H14, H15, H21, H22, H23, H24</p>	<ul style="list-style-type: none"> • to recognise what makes them special and unique including their likes, dislikes and what they are good at • how to manage and whom to tell when finding things difficult, or when things go wrong • how they are the same and different to others • about different kinds of feelings • how to recognise feelings in themselves and others • how feelings can affect how people behave 	<p>PSHE Association – Mental health and wellbeing lessons (KS1)</p> <p>Medway Public Health Directorate - Primary RSE Lessons – KS1, Lesson 2, ‘Growing up: the human life cycle’</p> <p>1 decision (5-8)-Feelings and emotions</p> <p>Thinkuknow: Jessie and Friends (ask Alan if he has a login for resources)</p>
	<p>Keeping safe How rules and age restrictions help us; keeping safe online PoS Refs: H28, H34</p>	<ul style="list-style-type: none"> • how rules can help to keep us safe • why some things have age restrictions, e.g. TV and film, games, toys or play areas • basic rules for keeping safe online • whom to tell if they see something online that makes them feel unhappy, worried, or scared 	<p>1 decision (5-8)-Computer safety/Hazard watch</p>