

Year One PSHE Overview

Year 1 Medium Term Planning PSHE Terms 1 and 6

Theme: Health and Wellbeing			
Planning grid:	Topic:	Essential skills and attributes developed:	Key words:
H5 wk 1	Growing and Changing	Resilience (including self-motivation, perseverance and adaptability) Empathy and compassion (including impact on decision-making and behaviour)	change, loss
H13/14/15 Wk 2	Keeping Safe	Essential skills and attributes developed: Resilience (including self-motivation, perseverance and adaptability) Strategies for identifying and accessing appropriate help and support	asking for help
H1 Wk 3-5	Healthy Lifestyles	Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect) Identify links between values and beliefs, decisions and actions	health, wellbeing, healthy eating, physical activity, sleep, dental health
H2	Healthy Lifestyles	Identify links between values and beliefs, decisions and actions Making decisions	feelings, managing feelings
H3	Growing and Changing	Self-improvement (including through constructive self-reflection, seeking and utilising constructive feedback and goal-setting) Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect) Enterprise skills and attributes (e.g. aspiration, creativity, goal setting, identifying)	achievements, strengths, goals, target-setting
H4	Healthy Lifestyles	Self-regulation (including promotion of positive, growth mindset and managing strong emotions and impulses)	health, likes, dislikes, choices
H6/7	Healthy Lifestyles	Self-organisation (including time management) Identification, assessment (including prediction) and management of positive and negative risk to self and others	hygiene, cleanliness, germs
H8/9	Growing and Changing	Resilience (including self-motivation, perseverance and adaptability) Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect)	growing, changing, young to old, independence
H10	Growing and Changing	Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect)	correct terminology, body parts, external genitalia
H11	Keeping Safe	Strategies for identifying and accessing appropriate help and support Identification, assessment (including prediction) and management of positive and negative risk to self and others Making decisions	medicines, household products, safety, risk
H12	Keeping Safe	Strategies for identifying and accessing help and support Recalling and applying knowledge creatively and in new situations Identification, assessment (including prediction) and management of positive and negative risk to self and others	safety, road, water rail, fire, online, rules
H16	Keeping Safe	Empathy and compassion (including impact on decision-making and behaviour)	privacy, respecting privacy

		Strategies for identifying and accessing appropriate help and support Identification, assessment (including prediction) and management of positive and negative risk to self and others	
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Year 1 Medium Term Planning PSHE Term 2

Theme: Relationships			
Planning grid:	Topic:	Essential skills and attributes developed:	Key words:
R1	Feelings and Emotions	Self-regulation (including promotion of positive, growth mindset and managing strong emotions and impulses) Empathy and compassion (including impact on decision-making and behaviour)	communicating, feelings, empathy
R2/4	Feelings and Emotions	Self-regulation (including promotion of a positive, growth mindset and managing strong emotions and impulses) Empathy and compassion (including impact on decision-making and behaviour)	behaviour, fair/unfair, right/wrong,
R3	Healthy Relationships	Strategies for identifying and accessing appropriate help and support Recognising, evaluating and utilising strategies for managing influence. Identification, assessment (including prediction) and management of positive and negative risk to self and others	secrets, surprises, safety
R5		Clarifying own values (including reflection on the origins of personal values and beliefs) and re-evaluating values and beliefs in the light of new learning, experiences and evidence Respect for others' right to their own beliefs, values and opinions Skills for employability, including <ul style="list-style-type: none"> ☑ Active listening and communication (including assertiveness skills) ☑ Team working ☑ Negotiation (including flexibility, self-advocacy and compromise within an awareness of personal boundaries) ☑ Leadership skills ☑ Presentation skills 	sharing, discussion, views, opinions

Year 1 Medium Term Planning PSHE Term 3

Theme: Living in the Wider World			
Planning grid:	Topic:	Essential skills and attributes developed:	Key words:
L1/2	Rights and Responsibilities	Self-organisation (including time management) Empathy and compassion (including impact on decision-making and behaviour) Team working Identification, assessment (including prediction) and management of positive and negative risk to self and others Identify links between values and beliefs, decisions and actions	classroom rules
L3	Rights and Responsibilities	Self-organisation (including time management) Empathy and compassion (including impact on decision-making and behaviour) Team working / Leadership skills	rights, responsibilities, needs
L4	Rights and Responsibilities	Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect) Valuing and respecting diversity	groups, communities, roles
L5	Taking Care of the Environment	Clarifying own values (including reflection on the origins of personal values and beliefs) and reevaluating values and beliefs in the light of new learning, experiences and evidence Empathy and compassion (including impact on decision-making and behaviour) Identify links between values and beliefs, decisions and actions	environment
L6/7	Money	Self-organisation Identify links between values and beliefs, decisions and actions Making decisions	money, spending, saving, safety

Year 1 Medium Term Planning PSHE Term 4

Theme: Living in the Wider World			
Planning grid:	Topic:	Essential skills and attributes developed:	Key words:
L1/2	Rights and Responsibilities	Self-organisation (including time management) Empathy and compassion (including impact on decision-making and behaviour) Team working / Identification, assessment (including prediction) and management of positive and negative risk to self and others Identify links between values and beliefs, decisions and actions	classroom rules
L3	Rights and Responsibilities	Self-organisation (including time management) Empathy and compassion (including impact on decision-making and behaviour) Team working / Leadership skills	rights, responsibilities, needs
L4	Rights and Responsibilities	Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect) Valuing and respecting diversity	groups, communities, roles
L5	Taking Care of the Environment	Clarifying own values (including reflection on the origins of personal values and beliefs) and reevaluating values and beliefs in the light of new learning, experiences and evidence Empathy and compassion (including impact on decision-making and behaviour) Identify links between values and beliefs, decisions and actions	environment
L6/7	Money	Self-organisation Identify links between values and beliefs, decisions and actions Making decisions	money, spending, saving, safety

Year 1 Medium Term Planning PSHE Term 5

Theme: Living in the Wider World			
Planning grid:	Topic:	Essential skills and attributes developed:	Key words:
L8	Rights and Responsibilities	Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, selfworth, assertiveness, self-advocacy and self-respect) Valuing and respecting diversity	everybody, individual, unique, special
L9	Rights and Responsibilities	Identifying unhelpful 'thinking traps' (e.g. generalisation and stereotyping) Valuing and respecting diversity	people, similarities, commonalities
L10	Rights and Responsibilities	Strategies for identifying and accessing appropriate help and support	community, special people, help, emergencies