



## PSHE Coverage

### Year 1

Question	Core Theme	Objectives
<p>Autumn 1</p> <p>What is the same and different about us?</p>	<p>Relationships PoS refs: H21, H22, H23, H25, R13, R23, L6, L14</p>	<p>To know:</p> <ul style="list-style-type: none"> <li>• what they like/dislike and are good at.</li> <li>• what makes them special and how everyone has different strengths</li> <li>• how their personal features or qualities are unique to them</li> <li>• how they are similar or different to others, and what they have in common</li> <li>• the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private.</li> </ul>
<p>Autumn 2</p> <p>Who is special to us?</p>	<p>Relationships PoS refs: L4, R1, R2, R3, R4, R5</p>	<p>To know:</p> <ul style="list-style-type: none"> <li>• that family is one of the groups they belong to, as well as, for example, school, friends, clubs</li> <li>• about the different people in their family / those that love and care for them</li> <li>• what their family members, or people that are special to them, do to make them feel loved and cared for</li> <li>• how families are all different but share common features – what is the same and different about them</li> <li>• about different features of family life, including what families do / enjoy together</li> <li>• that it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried</li> </ul>
<p>Spring 1</p> <p>What helps us stay healthy?</p>	<p>Health and wellbeing PoS refs: H1, H5, H6, H7, H10, H39</p>	<p>To know:</p> <ul style="list-style-type: none"> <li>• what being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor)</li> <li>• that things people put into or onto their bodies can affect how they feel</li> <li>• how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy</li> <li>• why hygiene is important and how simple hygiene routines can stop germs from being passed on</li> <li>• what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing.</li> </ul>



# NEWTON BLUECOAT CHURCH OF ENGLAND PRIMARY SCHOOL – P.S.H.E PROGRESSION



<p>Spring 2 What can we do with money?</p>	<p>Living in the wider world PoS refs: L10, L11, L12, L13</p>	<p>To know:</p> <ul style="list-style-type: none"><li>• what money is - that money comes in different forms</li><li>• how money is obtained (e.g. earned, won, borrowed, presents)</li><li>• how people make choices about what to do with money, including spending and saving</li><li>• the difference between needs and wants - that people may not always be able to have the things they want</li><li>• how to keep money safe and the different ways of doing this</li></ul>
<p>Summer 1 Who helps to keep us safe?</p>	<p>Health and wellbeing PoS refs: H33, H35, H36, R15, R20, L5</p>	<p>To know:</p> <ul style="list-style-type: none"><li>• that people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people</li><li>• who can help them in different places and situations; how to attract someone's attention or ask for help; what to say</li><li>• how to respond safely to adults they don't know</li><li>• 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</li><li>• 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</li></ul>
<p>Summer 2 How can we look after each other and the world?</p>	<p>Living in the wider world PoS refs: H26, H27, R21, R22, R24, R25, L2, L3</p>	<p>To know:</p> <ul style="list-style-type: none"><li>• how kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively</li><li>• the responsibilities they have in and out of the classroom</li><li>• how people and animals need to be looked after and cared for</li><li>• what can harm the local and global environment; how they and others can help care for it</li><li>• how people grow and change and how people's needs change as they grow from young to old</li><li>• how to manage change when moving to a new class/year group</li></ul>



# NEWTON BLUECOAT CHURCH OF ENGLAND PRIMARY SCHOOL – P.S.H.E PROGRESSION



Core themes – Health & Wellbeing (H), Relationships (R), Wider World (W)