**The PSHE Curriculum – Autumn Term – Year 1**

**Beginning and Belonging**

Children learn:

* about ways to make the classroom a safe and happy place. We read Our Class is a Family by Shannon Olsen
* what it feels like to start something new and how to make new people feel welcome. We read I am Too Absolutely Small for School by by Lauren Child and The Colour Monster by Anna Llenas
* to identify adults at home and at school who can help (safety star).

**Anti-Bullying (Kindness Week)**

Children learn:

* to understand what ‘bullying’ means.
* ways they can show kindness to someone who has been bullied, including how they can help.
* to celebrate differences, but understand that some people are bullied because of differences. We read Something Else by Kathryn Cave.
* how it would feel to be bullied. We read Willy the Wimp by Anthony Browne.

**Myself and My Relationships**

Children learn:

* what makes a good friend and to identify things they enjoy doing with friends.
* strategies for making new friends. We read Scaredy Squirrel Makes a Friend by Melanie Watt.
* to identify people and relationships within families, and to recognise that everybody’s family is different.

**The PSHE Curriculum – Spring Term – Year 1**

**Personal Safety**

Children learn:

* to identify physical and emotional feelings. We read Mog’s Bad Thing by Judith Kerr.
* about ‘early warning signs.’ We read Giraffes Can’t Dance by Giles Andreae
* key characteristics of good friends and trusted adults.
* that they should talk to a trusted adult if they are worried, and show persistence if they are not listened to straight away. We read Not Now Bernard by David McKee
* that things we think are fun may not be fun for others and how rules help everyone to feel safe. We read The Bear Who Went Boo by David Walliams.
* parts of their body covered by their pants are private – NSPCC PANTS rule.
* what is meant by personal space. We read Harrison P Spader, Personal Space Invader by Christianne Jones.
* to understand what is meant by ‘My Body, My Choice.’ We read Ask First, Monkey! By Juliet Clare Bell

**Digital Lifestyles**

Children learn:

* how the internet can be helpful.
* how to balance screen time with other activities, and why this is important.
* how to stay safe online, linking back to the safety star.

**Diversity and Communities**

Children learn:

* to describe their own identity, and recognise similarities between themselves and others. We read Amazing Grace by Mary Hoffman
* that some people have limited views of what boys and girls like, but that they may like the same activities. We read Toby’s Dolls House by Ranhild Scamell
* to recognise the different groups that they, and other members of their class belong to.
* about how different people in their community help others and where people go in the community for different purposes.
* about ways information is shared in their community.

**The PSHE Curriculum – Summer Term – Year 1**

**Drug Education**

Children learn:

* how substances (such as food, drink and air) enter their bodies.
* that medicines can be helpful but they can also be harmful.
* who can help them to take medicine safely.
* how medicines can be stored safely at home and at school.

**Relationships and Sex Education**

Children learn:

* about human growth (this links to earlier learning in Science), including that a baby grows inside its mother. We read What’s in your tummy, Mummy? by Sam Lloyd
* how they change as they get older, including their abilities and their bodies.
* how their responsibilities change as they get older. We read Mog and the Baby by Judith Kerr

**Managing Change**

Children learn:

* about how they are growing, and some of their own personal achievements. We read The Koala Who Could by Rachel Bright
* to identify changes, both within and beyond their own control, including changes in friendships.
* about the feeling associated with loosing something special.
* some strategies that could help them to deal with emotions. We read The Owl Who Was Afraid of the Dark by Jill Tomlinson