

HIGH LITTLETON CHURCH OF ENGLAND PRIMARY SCHOOL

PSHE OVERVIEW YEAR 1

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Feeling special and safe	Similarities and differences	Setting goals	Keeping myself healthy	Belonging to a family	Life cycles – animal and human
Being part of a class	Understanding bullying and knowing how to deal with it	Identifying successes and achievements	Healthier lifestyle choices	Making friends/being a good friend	Changes in me
Rights and responsibilities	Making new friends	Learning styles	Keeping clean	Physical contact preferences	Changes since being a baby
Rewards and feeling proud	Celebrating the differences in everyone	Working well and celebrating achievement with a partner	Being safe	People who help us	Differences between female and male bodies
Consequences		Tackling new challenges	Medicine safety/safety with household items	Qualities as a friend and person	Linking growing and learning
Owning the Learning Charter		Identifying and overcoming obstacles	Road safety	Self-acknowledgement	Coping with change
		Feelings of success	Linking health and happiness	Being a good friend to myself	Transition
				Celebrating special relationships	