

Year 1 PSHE Autumn 1 – Being Me

Weekly Celebration	Piece	PSHE learning intention	Social and emotional development learning intention
Help others to feel welcome	1. Special and Safe	I know how to use my Jigsaw Journal	I feel special and safe in my class
Try to make our school community a better place	2. My Class	I understand the rights and responsibilities as a member of my class	I know that I belong to my class
Think about everyone's right to learn	3. Rights and Responsibilities	I understand the rights and responsibilities for being a member of my class	I know how to make my class a safe place for everybody to learn
Care about other people's feelings	4. Rewards and Feeling Proud	I know my views are valued and can contribute to the Learning Charter	I recognise how it feels to be proud of an achievement
Work well with others	5. Consequences	I can recognise the choices I make and understand the consequences	I recognise the range of feelings when I face certain consequences
Choose to follow the Learning Charter ★	6. Owing our Learning Charter	I understand my rights and responsibilities within our Learning Charter	I understand my choices in following the Learning Charter

Year 1 PSHE Autumn 2 –

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Accept that everyone is different	1.The same as...	I can identify similarities between people in my class	I can tell you some ways in which I am the same as my friends
Include others when working and playing	2. Different from...	I can identify differences between people in my class	I can tell you some ways I am different from my friends
Know how to help if someone is being bullied	3.What is 'bullying'?	I can tell you what bullying is	I understand how being bullied might feel
Try to solve problems	4.What do I do about bullying?	I know some people who I could talk to if I was feeling unhappy or being bullied	I can be kind to children who are bullied
Use kind words	5.Making new friends	I know how to make new friends	I know how it feels to make a new friend
Know how to give and receive compliments	6.Celebrating difference; celebrating me Assessment Opportunity ★	I can tell you some ways I am different from my friends	I understand these differences make us all special and unique

Year 1 PSHE Spring 1 –

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Stay motivated when doing something challenging	1. My Treasure Chest of Success	I can set simple goals	I can tell you about a thing I do well
Keep trying even when it is difficult	2. Steps to Goals	I can set a goal and work out how to achieve it	I can tell you how I learn best
Work well with a partner or in a group	3. Achieving Together Puzzle outcome: Dream wellies	I understand how to work well with a partner	I can celebrate achievement with my partner
Have a positive attitude	4. Stretchy Learning Puzzle outcome: Stretchy flowers	I can tackle a new challenge and understand this might stretch my learning	I can identify how I feel when I am faced with a new challenge
Help others to achieve their goals	5. Overcoming Obstacles	I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them	I know how I feel when I see obstacles and how I feel when I overcome them
Are working hard to achieve their own dreams and goals	6. Celebrating My Success Assessment Opportunity ★	I can tell you how I felt when I succeeded in a new challenge and how I celebrated it	I know how to store the feelings of success in my internal treasure chest

Year 1 – PSHE – Spring 2

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Have made a healthy choice	1. Being Healthy	I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy	I feel good about myself when I make healthy choices
Have eaten a healthy, balanced diet	2. Healthy Choices	I know how to make healthy lifestyle choices	I feel good about myself when I make healthy choices
Have been physically active	3. Clean and Healthy	I know how to keep myself clean and healthy, and understand how germs cause disease/illness I know that all household products including medicines can be harmful if not used properly	I am special so I keep myself safe
Have tried to keep themselves and others safe	4. Medicine Safety	I understand that medicines can help me if I feel poorly and I know how to use them safely	I know some ways to help myself when I feel poorly
Know how to be a good friend and enjoy healthy friendships	5. Road Safety	I know how to keep safe when crossing the road, and about people who can help me to stay safe	I can recognise when I feel frightened and know who to ask for help
Know how to keep calm and deal with difficult situations	6. Happy, Healthy Me Assessment Opportunity ★ Puzzle outcome: Keeping clean and healthy	I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy	I can recognise how being healthy helps me to feel happy

Year 1 – PSHE – Summer 1

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Know how to make friends	1. Families	I can identify the members of my family and understand that there are lots of different types of families	I know how it feels to belong to a family and care about the people who are important to me
Try to solve friendship problems when they occur	2. Making Friends	I can identify what being a good friend means to me	I know how to make a new friend
Help others to feel part of a group	3. Greetings	I know appropriate ways of physical contact to greet my friends and know which ways I prefer	I can recognise which forms of physical contact are acceptable and unacceptable to me
Show respect in how they treat others	4. People Who Help Us	I know who can help me in my school community	I know when I need help and know how to ask for it
Know how to help themselves and others when they feel upset or hurt	5. Being My Own Best Friend	I can recognise my qualities as person and a friend	I know ways to praise myself
Know and show what makes a good relationship	6. Celebrating My Special Relationships Puzzle Outcome: Balloons Assessment Opportunity ★	I can tell you why I appreciate someone who is special to me	I can express how I feel about them

Year 1 – PSHE – Summer 2

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. Life cycles	I am starting to understand the life cycles of animals and humans	I understand that changes happen as we grow and that this is OK
Can express how they feel when change happens	2. Changing Me	I can tell you some things about me that have changed and some things about me that have stayed the same	I know that changes are OK and that sometimes they will happen whether I want them to or not
Understand and respect the changes that they see in themselves	3. My Changing Body	I can tell you how my body has changed since I was a baby	I understand that growing up is natural and that everybody grows at different rates
Understand and respect the changes that they see in other people	4. Boys' and Girls' Bodies	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus	I respect my body and understand which parts are private
Know who to ask for help if they are worried about change	5. Learning and Growing Puzzle Outcome: Piece 5 Flowers	I understand that every time I learn something new I change a little bit	I enjoy learning new things
Are looking forward to change	6. Coping with Changes Assessment Opportunity ★	I can tell you about changes that have happened in my life	I know some ways to cope with changes