

Year Group	Subject	Half-term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	PSHE	Unit of learning	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
		Unit content	How am I special? How can I keep myself safe? What are our class rules? What are my rights and responsibilities?	How am I similar to my friends? How am I different? What is 'bullying'? What can I do about bullying? How can I make new friends?	What are my dreams and goals? How can I achieve them? What are my challenges and obstacles and how can I overcome them?	How can I stay healthy? How can I be safe around medicine? How can I stay safe on the road?	Who are my family and friends? How do I like to be greeted and treated? Who helps me? How can I be my own best friend?	How do animals change over time? How have I changed since I was a baby? How do I keep my body safe and private?
		Knowledge	Know how to make healthy lifestyle choices Know that household products including medicines can be harmful if not used properly Know that medicine can help me if I feel poorly and know how to use them safely Know how to keep safe when crossing the road Know about people who can help me stay safe	Know what makes me special Know a variety of ways that I am different from others Know what is bullying Know how to stop bullying Know how to make friends	Know my goals and how to achieve them Know how to tackle a new challenge Know any obstacles which make it more difficult to achieve my new challenge and work out how to overcome them Know how I felt when I succeeded in a new challenge and how I celebrate it	Know how to make healthy lifestyle choices Know that household products including medicines can be harmful if not used properly Know that medicine can help me if I feel poorly and know how to use them safely Know how to keep safe when crossing the road Know about people who can help me stay safe	Know who are in my family Know that there are lots of different types of families Know appropriate ways of physical contact to greet my friends and know which ways I prefer Know my qualities as a person and as a friend Know why I appreciate someone who is special/best friend to me	Know the life cycles of animals and humans Know some things about me that have changed and some things about me that have stayed the same Know my body has changed since I was a baby Know the parts of the body that make boys different to girls and can use the correct names
		Vocabulary	consequences, upset, disappointed, belonging, special, rights, responsibilities, rewards, proud	similarity/similar, same as, different from, difference, similarity, bullying, bullying behaviour, deliberate, on purpose, unfair, friend, qualities, friendship, celebration, special, unique	proud, success, achievement, goal, treasure, dreams, working together, team work, celebrate, challenge, obstacle	healthy, unhealthy, balanced, exercise, sleep, choices, clean, body parts, toiletry items, (e.g. toothbrush, shampoo, soap), hygienic, safe, medicines, trust, safe, safety, green cross code, eyes, look, listen, wait	family, belong, different, same, friends, friendship, qualities, caring, sharing, kind, greeting, touch, feel, texture, like, dislike, help, helpful, community, feelings, confidence, praise, qualities, skills, self belief, incredible, proud, celebrate, relationships, special, appreciate, feelings	changes, life cycles, baby, adult, adulthood, grown-up, mature, male, female, penis, testicles, vulva, anus, grow, feelings, anxious, worried, excited, coping

Year Group	Subject	Half-term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		<i>Progression standards</i>	Learn how to contribute to the life of the classroom Help construct, and agree to follow, group and class rules and to understand how these rules help them	Identify and respect the differences and similarities between people Listen to other people and play and work cooperatively	Recognise and celebrate their strengths and set simple but challenging goals Learn about change and loss and their associated feelings	Understand what constitutes a healthy lifestyle Learn about good and not so good feelings Learn the importance of, and how to maintain, personal hygiene Understand how some diseases are spread and can be controlled Learn about the process of growing from young to old Know the names of the main parts of the body (including external genitalia) Learn about change and loss and their associated feelings Learn about people who look after them and who to go to if they are worried Learn rules for and ways of keeping physically and emotionally safe - including road safety and the difference between secrets and surprises Understand that household products, including medicines, can be harmful	Know how to communicate feelings to others and recognise how others show feelings Identify special people and how they should care for one another Recognise what is fair and unfair, kind and unkind, right and wrong Listen to other people and play and work cooperatively Judge what kind of physical contact is acceptable / unacceptable, comfortable / uncomfortable, and how to respond Learn that there are different types of teasing and bullying, that these are wrong and unacceptable	Learn people's bodies and feelings can be hurt Learn the difference between secrets and surprises and the importance of not keeping other people's secrets, only surprises Listen to other people and play and work cooperatively Judge what kind of physical contact is acceptable / unacceptable, comfortable / uncomfortable, and how to respond Learn that there are different types of teasing and bullying, that these are wrong and unacceptable