

Heritage Park Primary School

PSHCE Scheme of Work – Year 1

Autumn 1	Spring 1	Summer 1
<p><u>Myself & My Relationships</u> <u>Beginning and Belonging</u></p> <ul style="list-style-type: none"> • Do I understand simple ways to help my school feel like a safe, happy place? • How can I get to know the people in my class? • How do I feel when I am doing something new? • How can I help someone feel welcome in class? • What helps me manage in new situations? • Who can help me at home and at school? 	<p><u>Citizenship</u> <u>Diversity and Communities</u></p> <ul style="list-style-type: none"> • What makes me ‘me’, what makes you ‘you’? • Do all boys and all girls like the same things? • What is my family like and how are other families different? • What different groups do we belong to? • What is a stereotype and can I give some examples? • Who helps people in my locality and what help do they need? • What does ‘my community’ mean and how does it feel to be part of it? • How do people find out about what is happening in my community? • How do we care for animals and plants? • How can I help look after my school? 	<p><u>Healthy & Safer Lifestyles</u> <u>Drug Education</u></p> <ul style="list-style-type: none"> • Which substances might enter our bodies, how do they get there and what do they do? • What are medicines and why and when do some people use them? • When and why do people have an injection from a doctor or a nurse? • Who is in charge of what medicine I take? • What different things can help me feel better if I feel poorly?
Autumn 2	Spring 2	Summer 2
<p><u>Myself & My Relationships</u> <u>Family and Friends</u></p> <ul style="list-style-type: none"> • Can I describe what a good friend is and does and how it feels to be friends? • Why is telling the truth important? • What skills do I need to choose, make and develop friendships? • How might friendships go wrong, and how does it feel? • How can I try to mend friendships if they have become difficult? • What is my personal space and how do I talk to people about it? 	<p><u>Healthy & Safer Lifestyles</u> <u>Personal Safety</u></p> <ul style="list-style-type: none"> • Can I identify different feelings and tell others how I feel? • Which school/classroom rules are about helping people to feel safe? • Can I name my own Early Warning Signs? • How do I know which adults and friends I can trust? • Who could I talk with if I have a worry or need to ask for help? • What could I do if a friend or someone in my family isn’t kind to me? 	<p><u>Healthy & Safer Lifestyles</u> <u>Healthy Lifestyles</u></p> <ul style="list-style-type: none"> • How can I stay as healthy as possible? • What does it feel like to be healthy? • What does healthy eating mean and why is it important? • Why is it important to be active & what are the opportunities for physical activity? • What foods do I like and dislike and why? • What can help us eat healthily? • Why do we need food? • What healthy choices can I make?

<ul style="list-style-type: none"> • Who is in my family and how do we care for each other? • Who are my special people, why are they special and how do they support me? 	<ul style="list-style-type: none"> • Can I identify private body parts and say 'no' to unwanted touch? • What could I do if I feel worried about a secret? • What could I do if something worries or upsets me when I am online? 	
<p><u>Myself & My Relationships</u></p> <p><u>Anti-bullying</u></p> <ul style="list-style-type: none"> • Why might people fall out with their friends? • Can I describe what bullying is? • Do I understand some of the reasons people bully others? • Why is bullying never acceptable or respectful? • How might people feel if they are being bullied? • Who can I talk to if I have worries about friendship difficulties or bullying? • How can I be assertive? • Do I know what to do if I think someone is being bullied? • How do people help me to build positive and safe relationships? • What does my school do to stop bullying? 	<p><u>Healthy & Safer Lifestyles</u></p> <p><u>Relationships and Sex Education</u></p> <ul style="list-style-type: none"> • What are the names of the main parts of the body? • What can my amazing body do? • When am I in charge of my actions and my body? • How can I keep my body clean? • How can I avoid spreading common illnesses and diseases? 	