



PSHE Medium Term Plans

<u>Year 1 Unit Names:</u>	<u>Golden Threads:</u>
Being Me In My World Celebrating Difference Dreams and Goals Healthy Me Relationships Changing Me	Respect and Empathy Safety and Risk Management Health and Well-being Positive Relationships Resilience and Self-esteem Responsibility and Citizenship

Long Term Plans	Enquiry Theme	Objectives	Golden Threads Links	Assessment
Being Me In My World	Feeling special and safe	1. To know how to feel special and safe in my class 2. To understand the rights and responsibilities as a member of my class 3. To understand the rights and responsibilities for being a member of my class	Respect and Empathy Safety and Risk Management Responsibility and Citizenship	1. Explain how to feel special and safe in my class 2. Understand the rights and responsibilities as a member of my class 3. Understand the rights and responsibilities for

		- To know my views are valued and can contribute to the Learning Charter - To recognise the choices I make and understand the consequences - To understand my rights and responsibilities within our Learning Charter		being a member of my class - Know my views are valued and can contribute to the Learning Charter - Recognise the choices I make and understand the consequences - Understand my rights and responsibilities within our Learning Charter
Celebrating Difference	Similarities and differences	- To identify similarities between people in my class. - To identify differences between people in my class - To know what bullying is - To know some people who I could talk to if I was feeling unhappy or being bullied - To know how to make new friends - To know some ways I am different from my friends	Respect and Empathy Positive Relationships Resilience and Self-esteem	- Name similarities between people in my class. - Name differences between people in my class - Know what bullying is - Name some people who I could talk to if I was feeling unhappy or being bullied - Say how to make new friends - Name some ways I am different from my friends
Dreams and Goals	Setting goals	- To set myself simple goals. - To set a goal and work out how to achieve it - To understand how to work well with a partner	Health and Well-being Resilience and Self-esteem	- Set myself simple goals. - Set a goal and work out how to achieve it - Understand how to work well with a partner

		- To tackle a new challenge and understand this might stretch my learning. - To talk about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them - To say how I felt when I succeeded in a new challenge and how I celebrated it		- Tackle a new challenge and understand this might stretch my learning. - Talk about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them - Say how I felt when I succeeded in a new challenge and how I celebrated it
Healthy Me	Keeping myself healthy	- To understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy - To know how to make healthy lifestyle choices - To know how to keep myself clean and healthy, and understand how germs cause disease/illness - To know that all household products including medicines can be harmful if not used properly - To understand that medicines can help me if I feel poorly and I know how to use them safely - To know how to keep safe when crossing the road, and about people who can help me to stay safe	Safety and Risk Management Health and Well-being Resilience and Self-esteem	- Understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy - Know how to make healthy lifestyle choices - Know how to keep myself clean and healthy, and understand how germs cause disease/illness - Know that all household products including medicines can be harmful if not used properly - Understand that medicines can help me

		7. To say why I think my body is amazing and can identify some ways to keep it safe and healthy		- if I feel poorly and I know how to use them safely 6. Know how to keep safe when crossing the road, and about people who can help me to stay safe 7. Say why I think my body is amazing and can identify some ways to keep it safe and healthy
Relationships	Belonging to a family	1. To identify the members of my family and understand that there are lots of different types of families 2. To identify what being a good friend means to me 3. To know appropriate ways of physical contact to greet my friends and know which ways I prefer 4. To know who can help me in my school community 5. To recognise my qualities as a person and a friend 6. To say why I appreciate someone who is special to me	Respect and Empathy Health and Well-being Positive Relationships	1. Name members of my family and understand that there are lots of different types of families 2. Say what being a good friend means to me 3. Know appropriate ways of physical contact to greet my friends and know which ways I prefer 4. Name who can help me in my school community 5. List my qualities as a person and a friend 6. Say why I appreciate someone who is special to me

Changing Me	Life cycles – animal and human	1. To start to understand the life cycles of animals and humans 2. To name some things about me that have changed and some things about me that have stayed the same 3. To say how my body has changed since I was a baby 4. To 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. 5. To understand that every time I learn something new I change a little bit 6. To name changes that have happened in my life	Health and Well-being Resilience and Self-esteem	1. Understand the life cycles of animals and humans 2. Name some things about me that have changed and some things about me that have stayed the same 3. Say how my body has changed since I was a baby 4. Name the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus. 5. Understand that every time I learn something new I change a little bit 6. Name changes that have happened in my life
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