

Being Me in My World (Autumn 1)

- Feeling special and safe
- Being part of a class
- Rights and responsibilities
- Rewards and feeling proud
- Consequences
- Owning the learning charter

Celebrating Difference (Autumn 2)

- Similarities and differences
- Understanding bullying and knowing how to deal with it
- Making new friends
- Celebrating the differences in everyone

Dreams and Goals (Spring 1)

- Setting goals
- Identifying successes and achievements
- Learning styles
- Working well and celebrating achievement with a partner.
- Tackling new challenges.
- Identifying and overcoming obstacles.
- Feelings of success

Changing Me (Summer 2)

- Life cycles- human and animal
- Changes since being a baby.
- Differences between female and male bodies
- Linking growing and learning
- Coping with change
- Transition

Year 1 PSHE/RSE

Relationships (Summer 1)

- Belonging to a family
- Making friends/being a good friend
- Physical contact preferences
- People who help us
- Qualities as a friend and person
- Self-acknowledgement
- Being a good friend to myself
- Celebrating special relationships

Healthy Me (Summer 2)

