

## PHSCE Medium term overview

### Year 1

	Topic	In this unit of work children will learn:	Teacher notes:
Relationships	<p><b>Families and friendships</b></p> <p>Roles of different people; families; feeling cared for</p> <p>PoS Refs: R1, R2, R3, R4, R5</p>	<ul style="list-style-type: none"> <li>• To know people who care for them, e.g. parents, siblings, grandparents, relatives, friends, teachers</li> <li>• To know the role these different people play in children’s lives and how they care for them</li> <li>• To know what it means to be a family and how families are different, e.g. single parents, same-sex parents, etc.</li> <li>• To know about the importance of telling someone — and how to tell them — if they are worried about something in their family</li> </ul>	
	<p><b>Safe relationships</b></p> <p>Recognising privacy; staying safe; seeking permission</p> <p>PoS Refs: R10, R13, R15, R16, R17</p>	<ul style="list-style-type: none"> <li>• To know about situations when someone’s body or feelings might be hurt and whom to go to for help</li> <li>• To know what it means to keep something private, including parts of the body that are private</li> <li>• To know and be able to identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches)</li> <li>• To know how to respond if being touched makes them feel uncomfortable or unsafe</li> <li>• To know when it is important to ask for permission to touch others</li> <li>• To know how to ask for and give/not give permission</li> </ul>	
	<p><b>Respecting ourselves and others</b></p> <p>How behaviour affects others; being polite and respectful</p> <p>PoS Refs: R21, R22</p>	<ul style="list-style-type: none"> <li>• To know what kind and unkind behaviour mean in and out school</li> <li>• To know how kind and unkind behaviour can make people feel</li> <li>• To know what respect means</li> <li>• To know why we have class rules.</li> <li>• To know how to be polite to others, share and take turns</li> </ul>	
Living in the wider world	<p><b>Belonging to a community</b></p> <p>What rules are; caring for others’ needs; looking after the environment</p>	<ul style="list-style-type: none"> <li>• To know examples of rules in different situations, e.g. class rules, rules at home, rules outside</li> <li>• To know that different people have different needs</li> <li>• To know how we care for people, animals and other living things in different ways</li> </ul>	

	PoS Refs: L1, L2, L3	<ul style="list-style-type: none"> <li>To know how they can look after the environment, e.g. recycling</li> </ul>	
	<b>Media literacy and Digital resilience</b> Using the internet and digital devices; communicating online PoS Refs: L7, L8	<ul style="list-style-type: none"> <li>To know how and why people use the internet</li> <li>To know the benefits of using the internet and digital devices             <ul style="list-style-type: none"> <li>To know how people find things out and communicate safely with others</li> </ul> </li> </ul>	
	<b>Money and Work</b> Strengths and interests; jobs in the community PoS Refs: L14, L16, L17	<ul style="list-style-type: none"> <li>To know that everyone has different strengths, in and out of school</li> <li>To know how different strengths and interests are needed to do different jobs</li> <li>To know people whose job it is to help us in the community</li> <li>To know different jobs and the work people do</li> </ul>	
Health and wellbeing	<b>Physical health and Mental wellbeing</b> Keeping healthy; food and exercise; hygiene routines; sun safety PoS Refs: H1, H2, H3, H5, H8, H9, H10	<ul style="list-style-type: none"> <li>To know what it means to be healthy and why it is important</li> <li>To know ways to take care of themselves on a daily basis</li> <li>To know basic hygiene routines, e.g. hand washing</li> <li>To know healthy and unhealthy foods, including sugar intake</li> <li>To know physical activity and how it keeps people healthy</li> <li>To know different types of play, including balancing indoor, outdoor and screen-based play</li> <li>To know people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors</li> <li>To know how to keep safe in the sun</li> </ul>	
	<b>Growing and changing</b> Recognising what makes them unique and special; feelings; managing when things go wrong PoS Refs: H11, H12, H13, H14, H15, H21, H22, H23, H24	<ul style="list-style-type: none"> <li>To know what makes them special and unique including their likes, dislikes and what they are good at</li> <li>To know how to manage and whom to tell when finding things difficult, or when things go wrong</li> <li>To know how they are the same and different to others</li> <li>To know different kinds of feelings</li> <li>To know how to recognise feelings in themselves and others</li> <li>To know how feelings can affect how people behave</li> </ul>	
	<b>Keeping safe</b>	<ul style="list-style-type: none"> <li>To know how rules can help to keep us safe</li> </ul>	

	<p>How rules and age restrictions help us; keeping safe online</p> <p>PoS Refs: H28, H34</p>	<ul style="list-style-type: none"><li>• To know why some things have age restrictions, e.g. TV and film, games, toys or play areas</li><li>• To know basic rules for keeping safe online</li><li>• To know whom to tell if they see something online that makes them feel unhappy, worried, or scared</li></ul>	
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