



Year 1

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	RELATIONSHIPS Who is special to us?	RELATIONSHIPS What is the same and different about us?	LIVING IN THE WIDER WORLD How can we look after each other and the world?	HEALTH AND WELLBEING What helps us stay healthy?	HEALTH AND WELLBEING Who helps to keep us safe?	LIVING IN THE WIDER WORLD What can we do with money?
Outcome	Children know who the people are who care for us and the groups we belong to (eg families)	Children understand the similarities and differences between themselves and others including individuality and their bodies and growing and changing	Children explain how they care for others and their environments	Children explain what they can do to stay healthy, who helps them stay healthy	Children know what to do if they don't feel safe and the people they can trust to help them.	Children understand what money is and how to make good choices with using money.
Sequence of Learning	<p>Learning sequence:</p> <ul style="list-style-type: none"> I can describe what a family is I can identify who might be in a family I can explain how families can care, and show love, for each other I can recognise that there are different kinds of families I can describe some differences between families I can identify some things that families can have in common, including what they do and enjoy together I can identify who special people might be I can explain what makes someone 'special' and important I can describe the different ways special people care for us I can recognise how we can care for them in return 	<p>Learning sequence:</p> <ul style="list-style-type: none"> I can recognise individual features and attributes I can identify my interests, likes and dislikes I can recognise that everyone is good at something and identify what they are good at I can describe what makes them special I can recognise the main stages of the human life cycle (baby, child, adult) and that the process of growing takes time I can describe what changes when people grow from young to old I can identify ways children our age might be more independent now than when they were younger I can describe similarities and differences between myself and others I can recognise and use the correct names for main parts of the body I can recognise that some parts of the body are private I can recognise that adults care for children and help them to stay healthy and safe I can identify safe adults and ask for help if something is upsetting or worrying I can recognise that some parts of the body are private and am able to name the private parts I can rehearse and recall the PANTS rules 	<p>Learning sequence:</p> <ul style="list-style-type: none"> I can identify what is needed to get along with others I can demonstrate good listening skills I can describe different ways to learn and play I can recognise what animals need from their environments I can explain how we can care for living things I can recognise that this is everybody's responsibility I can identify simple ways people can help look after the environment 	<p>Learning sequence:</p> <ul style="list-style-type: none"> I can identify what being healthy means and what helps people to be healthy I can describe some food and drinks that are good for keeping people healthy I can recognise when I can make choices about what to eat and drink I can explain who can help me with healthy food and drink choices I can identify some ways to be active every day I can describe some things that happen to someone's body when they are physically active I can recognise when I can make choices about physical activity I can explain who can help with physical activity, and who to ask for support with this I can identify food and drink with different sugar content I can describe how to clean teeth properly I can recognise who can help with keeping teeth healthy I can explain why being in the sun can be good and not so good for our health I can identify different ways to protect our skin in the sun I can give examples of what can be used to provide protection from the sun 	<p>Learning sequence:</p> <ul style="list-style-type: none"> I can identify some common hazards that might occur in the home I can suggest some actions children can take to help minimise the risk of accidents happening at home I can recognise how rules can help keep children safe at home I understand that people have different roles in the community to help me (and others) keep safe - the jobs they do and how they help people I can recognise the need to cross roads safely I can demonstrate the rules of 'The Green Cross Code' I can identify safe places to cross roads I can recognise who can help me to keep safe near roads I can explain how to keep safe at a railway station and on trains I can describe how level crossings keep us safe I can identify unsafe situations around railways, and explain how to manage them I understand how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say 	<p>Learning sequence:</p> <ul style="list-style-type: none"> I understand what money is - that money comes in different forms I can explore how money is obtained (e.g. earned, won, borrowed, presents) I can explore how people make choices about what to do with money - including spending and saving I can explain the difference between needs and wants - that people may not always be able to have the things they want I can explore how to keep money safe and the different ways of doing this
Vocabulary	Family, family tree, care, family member (dad, aunt, stepmum, grandad, cousin), Parent, children, family members, including mum, dad, stepmum, stepdad, grandma, grandad, brother, sister, special, person, people, friend, family, care, caring, help, thanks	Different, dislikes, features, identity, individual, likes, personality, skills, special, talents, qualities, unique, grow, change, difference, baby, toddler, child, adult, older person, independent, responsibility, human life cycle, s same, different, male, female, boy, girl, body, born, private parts, genitals, penis, testicles, vagina, vulva	learn, play, listen, think, interrupt, respect, take turns, behaviour, cooperation, local, global, animal, care, environment, hibernate, plant, protect, responsibility	Healthy, healthier, choices, food, drink, eating, energy, Physical activity, PE, exercise, strength, muscle, physical, biological, fit, teeth, tooth, brushing, dentist, sun, safe, benefits, harmful, protect, UV rays, body, skin	Safe, unsafe, harm, injury, accident, rules, actions, road, safety, safe, stop look listen, wait think, vehicles, traffic, pelican crossing, lollipop person, zebra crossing, traffic, island, pedestrian, rail, train, railway tracks, station, platform, stairs, ticket office, level crossing, barriers	money, coins, cash, debit card, notes, income, earn, save, budget, spending, saving, borrow
Quality Assured resources to support planning	<p>PSHE Association – Ground rules, rule</p> <p>PSHE Association - Families - KS1 - 2 Lessons</p> <p>Medway Public Health Directorate - My Special People Lesson</p>	<p>PSHE Association – Ground rules, rule</p> <p>PSHE Association – Personal Identity - KS1 - 1 lesson</p> <p>Medway Public Health Directorate</p> <p>Growing up and Everybody's body Lessons</p> <p>NSPCC – Talk Pants</p> <p>Pants Power lesson</p>	<p>PSHE Association – Ground rules, rule</p> <p>PSHE Association – Learning and playing together - KS1 - 1 lesson</p> <p>Environment Agency – Caring for the Environment</p> <p>Everyone is responsible lesson</p>	<p>PSHE Association – Ground rules, rule</p> <p>PSHE Association – Health Education: Food choice, physical activity - KS1 - 2 lessons</p> <p>PSHE Association – Dental Health</p> <p>KS1 - 1 lesson</p> <p>PSHE Association – Sun safety</p>	<p>PSHE Association – Ground rules, rule</p> <p>PSHE Association – Keeping safe at home - KS1 - 1 lesson</p> <p>PSHE Association – Road and Rail Safety - KS1 - 2 Lessons</p> <p>Jessie and Friends - Ages 4and5/5and6</p>	<p>PSHE Association – Ground rules, rule</p> <p>NATWEST – Money Sense</p>