



PSHE 3D Overview Per Half Term Year 1

Skills Progression		
Personal Wellbeing Skills	Health and Wellbeing Skills (covers all phases)	Citizenship Skills
<p>PW1 Identify the different types of work people do and learn about different places of work</p> <p>PW2 Recognise where money comes from, and the choices people make to spend money on things they want and need</p> <p>PW3 Understand that we cannot always afford the items we want to</p> <p>PW4 Contribute to enterprise activities</p> <p>PW5 Recognise what they like and dislike</p> <p>PW6 Recognise what they are good at</p> <p>PW7 Recognise, name and manage their feelings in a positive way</p> <p>PW8 Understand the difference between impulsive and considered behaviour</p> <p>PW9 Share their opinions on things that matter to them</p> <p>PW10 Make positive real-life choices (television, games, money)</p> <p>PW11 Recognise why healthy eating and physical activity are beneficial</p> <p>PW12 Recognise that some substances can help or harm the body</p> <p>PW13 Recognise the simple physical changes to their bodies experienced since birth</p> <p>PW14 Reflect on the similarities and differences between people</p> <p>PW15 Demonstrate basic road safety skills</p> <p>PW16 Make simple choices that improve their health and wellbeing e.g. healthy eating</p> <p>PW17 Manage basic personal hygiene</p> <p>PW18 Recognise that there are people who care for and look after them</p> <p>PW19 Identify different relationships that they have and why these are important</p> <p>PW20 Recognise how their behaviour affects other people</p> <p>PW21 Consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying</p> <p>PW22 Seek help from an appropriate adult when necessary</p> <p>PW23 Develop positive relationships through work and play</p>	<p>HW1 Know how to keep safe and how and where to get help</p> <p>HW2 Recognise right and wrong, what is fair and unfair and explain why</p> <p>HW4 Recognise and respect similarities and differences between people</p> <p>HW5 Recognise and respond to issues of safety relating to themselves and others and how to get help</p> <p>HW7 Recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying</p> <p>HW8 Recognise stereotyping and discrimination</p> <p>HW9 Recognise their strengths and how they can contribute to different groups</p> <p>HW10 Recognise the factors influencing opinion and choice, including the media</p> <p>HW11 Recognise how their behaviour and that of others may influence people both positively and negatively</p> <p>HW13 Listen to and show consideration for other people's views</p> <p>HW14 Identify and talk about their own and others' strengths and weaknesses and how to improve</p> <p>HW15 Listen to, reflect on and respect other people's views and feelings</p> <p>HW16 Negotiate and present their own views</p> <p>HW17 Self-assess, understanding how this will help their future actions</p> <p>HW18 Work and play independently and in groups, showing sensitivity to others</p> <p>HW20 Work independently and in groups, taking on different roles and collaborating towards common goals</p> <p>HW22 Take the lead, prioritise actions and work independently and collaboratively towards goals</p> <p>HW23 Set goals, prioritise and manage time and resources, understanding how this will help their future actions</p> <p>HW26 Take responsibility for their own safety and the safety of others and be able to seek help in an emergency</p>	<p>Ci1 Recognise the difference between good and bad choices</p> <p>Ci2 Recognise the difference between right and wrong and what is fair and unfair</p> <p>Ci3 Consider ways of looking after the school or community and how to care for the local environment</p> <p>Ci4 Identify the importance of rules and be able to say why rules applying to them are necessary</p> <p>Ci5 Express views and take part in decision-making activities to improve their immediate environment or community</p> <p>Ci6 Take turns and share as appropriate</p> <p>Ci7 Suggest rules that would improve things for the common good</p>

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HW28 Respond to challenges, including recognising, taking and managing risk

Autumn 1

RULES AND RESPONSIBILITIES

Concepts

- Understand the reason why we have rules
- Learn about rules as expectations
- Understand to agree and follow rules for their group and classroom
- Recognise why rules and expectations are important
- Understand the reason why we have rules / expectations
- Learn about how they can contribute to the life of the class
- Know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health
- Know that people sometimes behave differently online, including by pretending to be someone they are not
- Learn about the importance of using the internet safely
- Know the importance of self-respect and how this links to their own happiness
- Know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
- Learn how to develop positive relationships with peers
- Recognise that family and friends should care for each other
- Know that in school and in wider society they can expect to be treated with respect by others, and that in turn they show due respect to others, including those in positions of authority
- Understand the importance of making friends
- Identify and respect the differences and similarities between people
- Be able to take turns

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- Agree and follow rules for a collaborative game

Autumn 2

EMOTIONS / COMMUNICATION

Concepts

- Learn about the conventions of courtesy and manners
- Know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
- Learn about making positive choices and how they can lead to happiness
- Recognise, name, manage, express feelings in a positive way
- Know how to recognise and talk about their emotions, including having varied vocabulary of words to use when talking about their own and others' feelings
- Recognise and communicate feelings to others
- Recognise, name and deal with their feelings in a positive way
- Learn to take part in discussions with one other person and the whole class
- Understand that it is important to share their opinions and to be able to explain their views
- Learn to listen to other people and play and work co-operatively

Spring 1

HEALTHY LIFESTYLES

Concepts

- Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing
- Learn to eradicate germs and the spread of diseases by washing hands
- Importance of maintaining personal hygiene

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- Understand how germs spread infections and diseases
- Learn about where vegetables and fruit grow
- Understand the social aspects of eating food together
- Know that making good choices about food will improve their health and well-being
- Know what constitutes a healthy diet (including understanding calories and other nutritional content)
- Understand the need for protein as part of a balanced diet
- Recognise which types of food are healthy
- Know how to make simple life choices that improve their health and wellbeing
- Know the principles of planning and preparing a range of healthy meals
- Apply their knowledge of healthy eating to plan a menu for a themed party
- Know the characteristics and mental and physical benefits of an active lifestyle
- Understand the need for physical activity to keep healthy
- Learn to work as a team to solve a simple challenge
- Know the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs

Spring 2

BULLYING / KEEPING SAFE

Concepts

- Know about different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help
- Learn about bullies and bullying behaviour
- Understand that bullying is wrong
- Understand that name calling is hurtful and avoidable
- Take part in discussions with the whole class
- Recognise how their behaviour affects other people

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- Understand what is and what is not bullying
- Learn about the difference between secrets and surprises
- Understanding when not to keep adults' secrets
- Understanding that is acceptable to say 'no'
- Know where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)
- Learn about who to go to for help and advice

Summer 1

FAMILIES AND FRIENDS / CARING AND SHARING

Concepts

- Recognise what is kind and unkind behaviour
- Understand that family and friends should care for each other
- Know that families are important for children growing up because they can give love, security and stability
- Recognise that family and friends should care for each other
- Identify special people and what makes them special
- Understand that people and other living things have needs and that they have responsibilities to meet them
- Learn about responsibility to others
- Understand the concept of 'borrowing'
- Show responsibility to others
- Understand the importance of sharing
- Know that everyone has a responsibility to consider the needs of others

Summer 2

KEEPING SAFE / MONEY AND FINANCE

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Concepts

- Know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer
 - To understand the importance of sun safety
 - To know how to keep safe in the sun
 - Learn rules for, and ways of, keeping safe, including basic road safety and about people who can help them to stay safe
 - Develop an awareness of the Green Cross Code
 - Understand where money comes from
 - Recognise notes and coins
 - Understand the role of money in our society
- Understand why it is important to keep money safe

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