



## Year 1 PSHE Subject Map

<b>Autumn 1 – Be Yourself (Relationships)</b>		
<b>Lesson</b>	<b>Skill focus</b>	<b>Context</b>
Lesson 1	<ul style="list-style-type: none"><li>• I can identify my favourite things and things I am good at.</li><li>• I can understand we are all different and that is what makes us special.</li><li>• I can tell others what they think is special about them and understand that this can make them feel happy.</li></ul>	Marvellous Me – children can talk about what makes them special
Lesson 2	<ul style="list-style-type: none"><li>• I can explain how I feel on the inside affects how I appear on the outside.</li><li>• I can think about what I can do when I am feeling things that don't feel very good.</li><li>• I can think about how I can help others when they are feeling things that don't feel very good.</li></ul>	Feelings – children can name some of the different feelings they have and can describe how they feel
Lesson 3	<ul style="list-style-type: none"><li>• I can decide if something makes me feel happy or sad.</li><li>• I can identify other good feelings.</li></ul>	Things I Like – children can talk about things they like that make them feel happy
Lesson 4	<ul style="list-style-type: none"><li>• I can identify if a feeling is comfortable or uncomfortable.</li><li>• I can describe what makes me feel unhappy or cross.</li><li>• I can think about what I could do to help others if they were feeling unhappy or cross.</li></ul>	Uncomfortable Feelings – children can talk about the things that make them feel unhappy or cross and have ideas about what to do when they have these feelings
Lesson 5	<ul style="list-style-type: none"><li>• I can describe a time of change in my life.</li><li>• I can talk about how I can help myself and others in times of change.</li></ul>	Changes – children can discuss how change and loss make them feel
Lesson 6	<ul style="list-style-type: none"><li>• I can recognise that my own thoughts and</li></ul>	Speak Up – children can share what they think and

	<p>feelings are important.</p> <ul style="list-style-type: none"><li>• I can speak confidently and respectfully.</li></ul>	<p>feel with confidence</p>
--	--	-----------------------------



## Year 1 PSHE Subject Map

Autumn 2 – It's My Body (Health and Wellbeing)		
Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"><li>● I know how to deal with little and tricky problems.</li><li>● I know what a serious problem is.</li><li>● I know who I can ask for help.</li></ul>	My Body, My Business – children know that they can choose what happens to their body
Lesson 2	<ul style="list-style-type: none"><li>● I understand I need to exercise to keep healthy.</li><li>● I know easy ways I can exercise.</li><li>● I know why I need to get enough sleep.</li><li>● I know easy things I can do to help myself sleep well.</li></ul>	Active and Asleep - children can make healthy choices about food and exercise – Science link
Lesson 3	<ul style="list-style-type: none"><li>● I can sort healthy and less healthy foods.</li><li>● I can recognise foods that are good for an occasional treat.</li><li>● I know easy things I can do to have a healthier diet.</li></ul>	Happy Healthy Food – children can make healthy choices about food and drink
Lesson 4	<ul style="list-style-type: none"><li>● I know how often to clean different parts of my body.</li><li>● I can wash my hands thoroughly.</li><li>● I can explain why we need to keep clean.</li></ul>	Clean as a Whistle – children know how to keep their body clean
Lesson 5	<ul style="list-style-type: none"><li>● I can spot some everyday risks and dangers.</li><li>● I know some things that are not safe to eat or drink.</li><li>● I know some household products can cause us harm.</li></ul>	Can I Eat It? – children know what is safe to eat or drink
Lesson 6	<ul style="list-style-type: none"><li>● I know different ways to learn, play and keep healthy.</li><li>● I know choices I can make to keep my</li></ul>	I Can Choose – children can choose to keep themselves safe

	<p>body safe.</p> <ul style="list-style-type: none"><li>• I know why we have rules and why we sometimes have to ask permission.</li></ul>	
--	---	--



## Year 1 PSHE Subject Map

<b>Spring 1 – TEAMs (Relationships)</b>		
<b>Lesson</b>	<b>Skill focus</b>	<b>Context</b>
Lesson 1	<ul style="list-style-type: none"><li>● I can say what makes a team special.</li><li>● I can say how it feels to be part of a team.</li></ul>	Together Everyone Achieves More – children can talk about the teams they belong to
Lesson 2	<ul style="list-style-type: none"><li>● I can explain how to be a good listener.</li><li>● I can explain why good listening is important.</li></ul>	Listening – children know how to be a good listener
Lesson 3	<ul style="list-style-type: none"><li>● I can describe ways that I can be kind.</li><li>● I can give reasons why it is important to be kind.</li></ul>	Being Kind – children can explain how to be kind and why it is important
Lesson 4	<ul style="list-style-type: none"><li>● I can say if behaviour is joking, teasing or bullying.</li><li>● I can describe what to do if I see teasing or bullying.</li></ul>	Bullying and Teasing – children can talk about unkind behaviour, teasing and bullying
Lesson 5	<ul style="list-style-type: none"><li>● I can recognise helpful thoughts and not so helpful thoughts.</li><li>● I can explain what I can do if I find my learning difficult.</li></ul>	Brilliant Brains – children can explain how to be a positive learner
Lesson 6	<ul style="list-style-type: none"><li>● I can describe some of the choices I make about my behaviour.</li><li>● I can explain some consequences of making good and not so good choices.</li></ul>	Make Good Choices – children can identify good and not so good choices



## Year 1 PSHE Subject Map

<b>Spring 2 – Aiming High (Health and Wellbeing)</b>		
<b>Lesson</b>	<b>Skill focus</b>	<b>Context</b>
Lesson 1	<ul style="list-style-type: none"> <li>● I can talk about my star qualities.</li> <li>● I can talk about star qualities in others.</li> <li>● I can think about how I could develop certain qualities.</li> </ul>	Star Qualities – children can think of star qualities they already have and those they would like to develop
Lesson 2	<ul style="list-style-type: none"> <li>● I can talk about what a positive learning attitude is.</li> <li>● I can share the kinds of learning I enjoy most.</li> <li>● I can complete a challenge with a positive learning attitude.</li> <li>● I can think about how I felt when I have found something challenging and then succeeded.</li> </ul>	Positive Learners – children can explain how a positive learning attitude can help them
Lesson 3	<ul style="list-style-type: none"> <li>● I can talk about different jobs that people do.</li> <li>● I can think about what skills and interests help people do their jobs.</li> <li>● I can explore through role play what different jobs involve.</li> <li>● I can think about what I might need to do to achieve my goal.</li> </ul>	Bright Futures – children can talk about jobs that people can do and tell their friends what they want to be when they grow up
Lesson 4	<ul style="list-style-type: none"> <li>● I can sort jobs into different groups.</li> <li>● I can share what I think and explain why I think that.</li> <li>● I know which skills are needed to do different jobs.</li> </ul>	Jobs for All – children can understand that it is a person's interests and skills that make them suited to doing a job
Lesson 5	<ul style="list-style-type: none"> <li>● I can talk about my goals for the future.</li> <li>● I can explain why they are important to me.</li> <li>● I can think about how I can achieve my goals.</li> <li>● I can show respect to people who have different</li> </ul>	Going for Goals – children can think about things they would like to achieve in the future

	goals to me.	
Lesson 6	<ul style="list-style-type: none"><li>• I can identify things I have enjoyed during this school year.</li><li>• I can talk about things that might be different during next school year.</li><li>• I can share how I am feeling about the changes.</li><li>• I can identify things I am looking forward to during the next school year.</li><li>• I can offer advice to others who might be feeling worried about change.</li></ul>	Looking Forward – children can think about changes that might happen to them and consider how they feel about them



## Year 1 PSHE Subject Map

<b>Summer 1 – Britain (Living in the Wider World)</b>		
<b>Lesson</b>	<b>Skill focus</b>	<b>Context</b>
Lesson 1	<ul style="list-style-type: none"><li>• I understand that I belong to the school community.</li><li>• I can identify things that are helpful and not helpful to the school community.</li></ul>	My School – children can describe ways in which they can help their school community
Lesson 2	<ul style="list-style-type: none"><li>• I can talk about my local community.</li><li>• I can identify ways that I can help my community.</li><li>• I can talk about what might happen if I made unhelpful choices.</li></ul>	My Community – children can describe ways that they can be a good neighbour
Lesson 3	<ul style="list-style-type: none"><li>• I can describe things that make an environment a nice place.</li><li>• I can describe things that harm an environment.</li></ul>	My Neighbourhood – children can identify things that help and harm their neighbourhood
Lesson 4	<ul style="list-style-type: none"><li>• I can identify Britain on a map.</li><li>• I can draw pictures about living in Britain.</li><li>• I can say what I like best about Britain and why.</li><li>• I understand that it is important to treat all people with kindness and respect.</li><li>• I can identify what makes Britain a diverse country.</li></ul>	My Country – children can describe what it is like to live in Britain
Lesson 5	<ul style="list-style-type: none"><li>• I can think about why it is important to have differences.</li><li>• I can think about why it is important to show respect to others.</li><li>• I can write down how I can make all people feel happy and welcome.</li></ul>	British People – children can explore how people living in Britain can be different and how they are the same



Lesson 6	<ul style="list-style-type: none"><li>● I can talk about what it means to me to be British.</li><li>● I can identify what makes me feel proud to live in the British Isles.</li></ul>	What Makes Me Proud of Britain? – children can share their ideas about being British and living in Britain
----------	---	--



## Year 1 PSHE Subject Map

<b>Summer 2 – Money Matters (Living in the Wider World)</b>		
<b>Lesson</b>	<b>Skill focus</b>	<b>Context</b>
Lesson 1	<ul style="list-style-type: none"><li>● I can discuss why we need money.</li><li>● I can talk about the different forms money comes in.</li><li>● I can explain when I might use each form of money.</li></ul>	Money – children can explain where money comes from and why they need it
Lesson 2	<ul style="list-style-type: none"><li>● I can discuss some forms of money I know.</li><li>● I can talk about the jobs of some people I know.</li><li>● I understand that people get paid for doing a job.</li></ul>	Keep It Safe – children can explain how they can keep money safe and why this is important
Lesson 3	<ul style="list-style-type: none"><li>● I can understand what influences people's spending.</li><li>● I can discuss why it is helpful to keep track of what is spent.</li></ul>	Save or Spend? – children can explain choices they have about spending money and why it is important to keep track of what they spend
Lesson 4	<ul style="list-style-type: none"><li>● I understand the difference between things we want and things we need.</li><li>● I can explain why it is important to understand the difference between what we want and what we need.</li></ul>	Want or Need? - children can explain the difference between things they want and things they need
Lesson 5	<ul style="list-style-type: none"><li>● I understand that money can come from different sources.</li><li>● I can explain some ways we can keep money safe.</li><li>● I understand why it is important to keep money.</li><li>● I can discuss why we need to keep money safe.</li></ul>	Look After It – children can explain how they keep their belongings safe and why this is important
Lesson 6	<ul style="list-style-type: none"><li>● I can explain where we get money from to go shopping.</li><li>● I can give examples of things we might need to</li></ul>	Going Shopping – children can explain what happens when they go shopping

	<p>buy and where we might buy them.</p> <ul style="list-style-type: none"><li>• I can explain how offers and advertising affect our choices.</li></ul>	
--	--	--