

Y1/2 PSHE

Autumn 26	Spring 27	Summer 27	Autumn 25	Spring 26	Summer 26
Cycle A (6-7)			Cycle B (5-6)	Cycle B	Cycle B
Being Me in My World	Dreams and Goals	Relationships	Puzzle piece Being Me in my world	Dreams and Goals	Relationships
Children can explain why their behaviour can impact on other people in their class. <i>They can compare their own and friends' choices and can express why some choices are better than others.</i>	Children can explain how they played their part in a group and the parts other people played to create an end product. They can explain how our skills complement each other. <i>They can explain how it feels to be part of a group and can identify a range of feelings about group work.</i>	Children can explain why some things might make them feel uncomfortable in a relationship and compare this with relationships that make them feel safe and special. <i>They can give examples of some different problem-solving techniques and explain how they might use them in certain situations in the</i>	Children can explain why their class is a happy and safe place to learn. <i>They can give different examples of where they or others make my class happy and safe</i>	Children can explain how they feel when they are successful and how this can be celebrated positively. <i>They can say why their internal treasure chest is an important place to store positive feelings</i>	Children can explain why they have special relationships with some people and how these relationships help them feel safe and good about themselves. <i>They can also explain how their qualities help these relationships. They can give examples of behaviour in other people that I appreciate and behaviours that I don't like.</i>
I can identify some of my hopes and fears for this year. I understand the rights and responsibilities for being a member of my class and school, and the importance of making contributions. I listen to other people and contribute my own ideas about rewards and consequences. I can help make my class a safe and fair place. I understand how following the Learning	I can choose a realistic goal and think about how to achieve it. I carry on trying (persevering) even when I find tasks difficult. I can recognise who I work well with and who it is more difficult for me to work with. I can work well in a group to create an end product. I can explain some of the ways I worked well in my group to create the end product. I know how to share success with other people.	I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate. I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not. I can identify some of the things that cause conflict with my friends. I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.	I know how to use my Jigsaw Journal I understand the rights and responsibilities as a member of my class I understand the rights and responsibilities for being a member of my class I can recognise the choices I make and understand the consequences I understand my rights and responsibilities within our Learning Charter	I can set simple goals. I can set a goal and work out how to achieve it. I understand how to work well with a partner. I can tackle a new challenge and understand this might stretch my learning. I can tell you about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them. I can tell you how I felt when I succeeded in a new challenge and how I celebrated it.	I can identify the members of my family and understand that there are lots of different types of families. I can identify what being a good friend means to me. I know appropriate ways of physical contact to greet my friends and know which ways I prefer. I know who can help me in my school community. I can recognise my qualities as a person and a friend. I can tell you why I appreciate someone who is special to me.

<p>Charter will help me and others learn.</p> <p>I recognise the choices I make and understand the consequences</p>		<p>I recognise and appreciate people who can help me in my family, my school and my community.</p> <p>I can express my appreciation for the people in my special relationships</p>			
Vocabulary	Celebrate, achievement, product, problem-solve, success	Conflict, community, appreciate, relationship, honesty	Belonging, learning charter, rights, responsibilities, consequences	goals, achieve, tackle, challenge, obstacles, success, stepping stones, overcome.	Physical, community, qualities, appreciate, special
<p>Celebrating Difference (6-7)</p> <p>Outcome</p> <p>Children can explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.</p> <p><i>They can explain how it feels to have a friend and be a friend. They can also explain why it is OK to be different from my friends</i></p>		<p>Healthy Me</p> <p><i>Children can explain why foods and medicines can be good for their bodies comparing their ideas with less healthy or unsafe choices. They can compare their own and their friends' choices and can express how it feels to make healthy and safe choices.</i></p>			
<p>Changing Me</p> <p>Children can use the correct terms to describe the penis, testicles, anus, vagina and vulva and explain why they are private. They can explain why some types of touches feel OK and others don't.</p> <p><i>They can tell you what they like and don't like about being a boy or girl and getting older, and recognise that other people might feel differently to them</i></p>		<p>Healthy Me</p> <p>Children can explain why they think their body is amazing and can identify a range of ways to keep it safe and healthy.</p> <p><i>They can give examples of when being healthy can help them feel happy</i></p>			
<p>Celebrating difference (5-6)</p> <p>Children can tell you some ways that they're different and similar to other people in their class, and why this makes us all special.</p> <p><i>They can explain what bullying is and how being bullied might make somebody feel.</i></p>		<p>Changing Me</p> <p>Children can compare how they are now to when they were a baby and explain some of the changes that will happen to them as they get older. They can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.</p> <p><i>They can explain why some changes I might experience might feel better than others</i></p>			
<p>I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes).</p> <p>I understand some ways in which boys and girls are different and accept that this is OK.</p>		<p>Healthy Me</p> <p><i>I know what I need to keep my body healthy. I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed. I understand how medicines work in my body and how important it is to use them safely. I can sort foods into</i></p>			
<p>can recognise cycles of life in nature.</p> <p>I can tell you about the natural process of growing from young to old and understand that this is not in my control. I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old. I can recognise the physical differences between boys and girls, use the correct names for parts of the body and appreciate</p>		<p>Healthy Me</p> <p>I can identify similarities between people in my class.</p> <p>I can identify differences between people in my class.</p> <p>I can tell you what bullying is.</p> <p>I know some people who I could talk to if I was feeling unhappy or being bullied.</p>			
<p>I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.</p> <p>I know how to make healthy lifestyle choices.</p> <p>I know that all household products including medicines can be harmful if not used properly.</p>		<p>Changing Me</p> <p>I am starting to understand the life cycles of animals and humans.</p> <p>I can tell you some things about me that have changed and some things about me that have stayed the same.</p> <p>I can tell you how my body has changed since I was a baby. I can identify the parts of the body that make boys different to girls and can</p>			

<p>I understand that bullying is sometimes about difference.</p> <p>I can recognise what is right and wrong and know how to look after myself.</p> <p>I understand that it is OK to be different from other people and to be friends with them.</p> <p>I can tell you some ways I am different from my friends.</p>	<p><i>the correct food groups and know which foods my body needs every day to keep me healthy. I can make some healthy snacks and explain why they are good for my body. I understand which foods to eat to give my body energy.</i></p>	<p>that some parts of my body are private. I understand there are different types of touch and can tell you which ones I like and don't like. I can identify what I am looking forward to when I move to my next class</p>	<p>I know how to make new friends.</p> <p>I can tell you some ways I am different from my friends.</p>	<p>I understand that medicines can help me if I feel poorly and I know how to use them safely.</p> <p>I know how to keep safe when crossing the road, and about people who can help me to stay safe.</p> <p>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.</p>	<p>use the correct names for these: penis, testicles, vagina, vulva, anus.</p> <p>I understand that every time I learn something new I change a little bit.</p> <p>I can tell you about changes that have happened in my life</p>
<p>Similarities, assumptions, stereotypes, differences, unkind, on purpose, feelings, lonely, stand up for, fairness, kindness.</p>	<p><i>Balanced, nutritious energy, diet</i></p>	<p>Nervous, anxious, comfortable, uncomfortable, penis, testicles, vulva, vagina, anus</p>	<p>Bullying, happy, unhappy.</p>	<p><i>balanced, clean, exercise, healthy, unhealthy, medicines, harmful, safety, sleep, hygienic</i></p>	<p>cycles penis, testicles vagina, vulva anus</p>