



PSHE Framework: Year 1

Autumn 1 (Not statutory content)	Myself and My Relationships Beginning and Belonging	<ul style="list-style-type: none"> Do I understand simple ways to make sure my school is a safe, happy place? How can I get to know the people in my class? How do I feel when I am doing something new? How can I make someone feel welcome in class? What helps me manage in new situations?
Autumn 2	Citizenship Diversity and Communities	<ul style="list-style-type: none"> What makes me 'me' and you 'you'? Do all boys and girls like the same thing? What is my family like and how are other families different? What different groups do we belong to? What is a stereotype and can I give some examples? What does 'my community' mean and how does it feel to be part of it?
Spring 1	Healthy and Safer Lifestyles Managing Safety and Risk Healthy and Safer Lifestyles Digital Lifestyles (To be covered in Internet Safety Week – in Year 2 as well)	<ul style="list-style-type: none"> What is my name, address and phone number and when might I need to give them? What is an emergency and who can help? What are the benefits and risks for me in the sun and how can I stay safer? What are the risks for me if I am lost and how can I get help? How can I help to stop simple accidents from happening and how can I help if there is an accident? What are some examples of ways in which I use technology and the internet and what are the benefits? What is meant by 'identity' and how might someone's identity online be different from their identity in the physical world? What are some examples of online content or contact which might mean I feel unsafe, worried or upset? What might I need to report something and how would I do this? What sort of rules can help to keep us safer and healthier when using technology? Who can help me if I have questions or concerns about what I experience online or about others' online behaviour?
Spring 2	Healthy and Safer Lifestyles Relationships and sex education	<ul style="list-style-type: none"> What are the names of the main parts of the body? What am I in charge of my actions and my body? Can I identify a trusted adult I can talk to about my body? (from RSE Year 3) How do I keep my body clean? How can I avoid spreading common illnesses and diseases?
Summer 1	Healthy and Safer Lifestyles Healthy Lifestyles	<ul style="list-style-type: none"> How can I stay as healthy as possible? What does it feel like to be healthy? What does healthy eating mean and why is it important? Why is it important to be active and what are the opportunities for physical activity? What can help us eat healthily?
Summer 2	Myself and My Relationships My Emotions	<ul style="list-style-type: none"> What am I good at and what is special about me? How can I stand up for myself? Can I name some different feelings? Can I describe situations in which I might feel happy, sad and cross etc? How do my feelings and action affect others?

		<ul style="list-style-type: none">• How do I manage some of my emotions and associated behaviours?• What are the different ways people might relax and what helps me to feel relaxed?• Who do I share my feelings with?
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