

Year 1 PSHE Curriculum Requirements -

Focus Area	PSHE Knowledge/Skills Targets	Suggested curriculum links/topic ideas/activities/assessment opportunities/key questions	Suggested Resources	Key vocabulary
Being Me in My world	<ul style="list-style-type: none"> • I know that I belong to my class. • I know how to make my class a safe space for everybody to learn. • I know how it feels to be proud of an achievement. • I know that there are a range of feelings when I face certain consequences. 	How do you feel when you face certain consequence?	Jigsaw – Being Me in My World Ages 5-6 Puzzle 1	achievement proud feelings consequences
Celebrating Difference	<ul style="list-style-type: none"> • I know that there are similarities between people in my class. • I know that there are differences between people in my class. • I know what bullying is. • I know who to talk to if I am unhappy or being bullied. • I know how to make new friends. • I know how I am different from my friends. 	What do you do if you are being bullied?	Jigsaw – Celebrating Difference Ages 5-6 Puzzle 2	differences similarities bullying compliments
Dreams and Goals	<ul style="list-style-type: none"> • I know how to set simple goals. • I know how to achieve a goal. • I know how to work well with a partner or in a group. • I know that I need a positive attitude when faced with a challenge. • I know how to overcome obstacles. 	How did you feel when you were successful in your challenge?	Jigsaw – Dreams & Goals Ages 5-6 Puzzle 3	achieve goals attitude obstacles success
Healthy Me	<ul style="list-style-type: none"> • I know the difference between healthy & unhealthy. • I know how to make healthy choices. • I know how to keep myself clean. • I know that germs can cause illness. 	How can you keep yourself healthy? How do you cross the road safely?	Jigsaw – Healthy Me Ages 5-6 Puzzle 4	healthy unhealthy lifestyle germs disease

	<ul style="list-style-type: none"> • I know that medicines can help me if I am unwell but are harmful if not used properly. • I know how to cross the road safely. • I know that being healthy can help me to feel happy. 			wellbeing
Relationships	<ul style="list-style-type: none"> • I know who is in my family. • I know that there are lots of different types of families. • I know what makes a good friend to me. • I know which forms of physical contact are acceptable & unacceptable to me. • I know who can help me in school. • I know my own personal qualities. • I know why people are special to me. 	What makes a good friend?	Jigsaw – Relationships Ages 5-6 Puzzle 5	Physical contact acceptable unacceptable personal qualities
Changing Me	<ul style="list-style-type: none"> • I know that changes happen as we get older. • I know that some things about me have changed and some things have stayed the same. • I know that growing up is natural. • I what parts of the body are private. • I know which parts of the body are different for girls & boys and can use the correct names for these. 	What has changed about you and what has stayed the same? Which parts of your body are private?	Jigsaw – Changing me Ages 5-6 Puzzle 6	change natural penis testicles vagina vulva anus