



Ferndale Primary and Nursery School

PSHE: Year 1

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<ul style="list-style-type: none"> Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter 	<ul style="list-style-type: none"> Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone 	<ul style="list-style-type: none"> Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success 	<ul style="list-style-type: none"> Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness 	<ul style="list-style-type: none"> Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationship 	<ul style="list-style-type: none"> Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
Language Enrichment	First Hand Experiences	Purpose/Life Experiences		Previous Knowledge	
<ul style="list-style-type: none"> Learning to have moments of quiet (when to talk) Labelling emotions Positive mindset vocabulary...can't do it yet. Through role-play, modelling language and how to interact with peers Understand emotions through film clip: inside out and 	<ul style="list-style-type: none"> Managing behaviours in real life context on the playground. Circle time: favourite/like Learning about their own body Trying new foods – snack time, events such as eid Party days -develop social skills Friendships Learning skills for problem solving and using/applying to real life experiences. 	<ul style="list-style-type: none"> A degree of organisation in thought processes A higher level of cognitive demand Application and comparison of the lesson content to other situations or scenarios Mental processing of information beyond simple recall Decision making Evidence of problem solving 		<ul style="list-style-type: none"> Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities Identifying talents Being special Families Where we live Making friends Standing up for yourself Challenges Perseverance Goal-setting 	



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<p>develop emotional language through stories Books/story: explore emotions, problem solving, developing listening skills eg. stickman, giraffes can't dance. Worries, hopes, fears, responsibilities, respect, rights, Continual open/leading questioning throughout lessons to ensure children understand the topical vocabulary taught. Explore new vocabulary with children throughout lessons. Recap vocabulary at the start of each lesson.</p>		<p>Explanation of concepts with some reasoning The ability to categorise/ group, connect and identify patterns Inference and interpretation The ability to predict A degree of personal resonance with the lesson content: can apply it to their lives and provide examples of this An increase in knowledge An increase in understanding A change of a feeling based on new learning A richer vocabulary An increase in a skill and confidence</p>	<p>Overcoming obstacles Seeking help Jobs Achieving goals Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p>
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