

PSHE Progression Overview – Year 1

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic		New beginnings/ Feeling good feeling safe	Getting on and falling out (Anti Bullying)	Keeping safe (Environmental safety and drug education)	Good to be me	Exploring relationships	SRE
Subject		HW/R/Economic wellbeing	Relationships	Health and wellbeing	Health and wellbeing	Relationships	Health and Wellbeing
Week 1	Can I	Can I explain what the school and classroom rules are?	Can I communicate my feelings to others, to recognise how others show feelings and how to respond?	Can I tell you about healthy and unhealthy choices?	Can I think about myself and learn from my experiences?	Can I identify the special people in my life (family, friends, carers)?	Can I identify that there are all sorts of families?
	Skills & Knowledge Activity	I know that I belong to a community. I feel safe and content within my class. I feel good about the ways we are similar in the group and the ways I am different. I know how to make someone feel welcome. Introduce class charter and class rules.	Do they know how to respond to and deal with risky or negative relationships and ask for help? Anti – Bullying pack	Are they able to classify healthy/unhealthy choices and explain their reasoning? Drugs and Alcohol PPT Lesson 1	Are they able to think of themselves in positive terms? Can they talk positively about their own experiences? Mental health and wellbeing ppt Lesson 1	Family PPT Who is special in my life worksheet?	SRE PPT Lesson 1
Week 2	Can I	Can I communicate my feelings to others, to recognise how others show feelings and how to respond?	Can I recognise how my behaviour affects other people? Anti – Bullying pack	Can I identify that some things that go into and onto my body are good for me and some are harmful?	Can I recognise and celebrate my strengths and set simple but challenging goals?	Can I describe what makes someone special I and how special people should care for one another?	Can I describe how babies grow into children?
	Skills & Knowledge Activity	I can tell you how I am the same as and different from my	Are they able to develop and maintain a variety of healthy relationships, within a range of social and cultural contexts.	Are children able to explain why the medicines are different from other thing?	Circle time- what are strengths, what are they good at? What do they want to be able to do?	Circle time- discussion around what makes someone special.	SRE PPT Lesson 2

		friends. I feel good about my strengths. I know some more ways to calm myself down when I feel scared or upset. Lesson 1 Feeling good feeling safe ppt	Anti – Bullying pack	Realisation that they must be distributed by adults. Drugs and Alcohol PPT Lesson 2		Create a class list around how special people in their lives look after them.	
Week 3	Can I	Can I explain when I feel safe and I can say what it feels like?	Can I share my opinions on things that matter?	Can I tell you when we should take medicines and who should give them to us?	Can I demonstrate good and not so good feelings?	Can I identify and respect the differences and similarities between GRT and myself?	Can I describe the ways I can stay safe?
	Skills & Knowledge Activity	To demonstrate and explain what feeling safe looks like, using pictures, words and facial expressions. Lesson 2 Feeling good feeling safe ppt	Demonstrate an ability to explain their views through discussions with one other person and the whole class Anti – Bullying pack	Be able to describe the difference between medicines and understand safety. Drugs and Alcohol PPT Lesson 3	To increase their vocabulary to describe their feelings to others and simple strategies for managing feelings Mental health and wellbeing ppt Lesson 2	Gypsy roma traveller ppt Assembly	Circle time, class collection of all the ways we have learnt to stay safe.
Week 4	Can I	Can I explain what happens on the inside and the outside of my body when I feel unsafe?	Can I recognise what is fair and unfair, kind and unkind, what is right and wrong?	Can I understand and know simple rules for taking and storing medicines?	Can I identify and respect the differences and similarities between people, including family, cultural, ethnic, racial and religious diversity, age, sex, sexual orientation, and disability?	Can I describe and explain my coping strategy?	Can you name and label all your body parts including the private and personal parts of my body?
	Skills & Knowledge Activity	Lesson 2 Feeling good feeling safe ppt Circle game	Anti – Bullying pack	Drugs and Alcohol PPT Recap	Mental health and wellbeing ppt Lesson 3	Circle time- what is a coping strategy? What is a good one?	SRE PPT Lesson 3
Week 5	Can I	Can I show awareness of what my own Early	Can I show understanding that people's bodies and	Can I understand the importance of and how	Can I identify and respect the differences and similarities between	Can I describe the feeling of jealousy?	Can I recognise natural changes?

		Warning Signs are and when I might get them?	feelings can be hurt (including what makes them feel comfortable and uncomfortable)?	to maintain personal hygiene?	people, including family, cultural, ethnic, racial and religious diversity, age, sex, sexual orientation, and disability?		
	Skills & Knowledge Activity	Lesson 3 Feeling good feeling safe ppt		Personal hygiene PPT Washing hands activity	Mental health and wellbeing ppt Lesson 3	Jealousy ppt	Circle time, class discussion about transition and changes. What changes have they been through so far?
Week 6	Can I	Can I show knowledge that my body belongs to me and the parts of my body that are private and should not be touched without my permission?	Can I explain that there are different types of teasing and bullying, that these are wrong and unacceptable?	<i>Gaps left so lessons can be split in half if necessary and delivered slower if the time is needed.</i>	Can I show understanding that I belong to various groups and communities such as family, school, faith?	Can I describe the feeling of anger?	Can I recognise the changes we can make ourselves?
	Skills & Knowledge Activity	Lesson 3 Feeling good feeling safe ppt Recap	Anti – Bullying pack		Circle time – discussion about the groups they all belong too. Children to draw all the areas they belong. What makes them who they are?	Anger ppt	Transition continued, evaluating what has changed this year, what have they become good at etc.
Week 7	Can I	Can I show understanding that I need to keep myself and others' safe?	Can I demonstrate how to resist teasing or bullying?	<i>Gaps left so lessons can be split in half if necessary and delivered slower if the time is needed.</i>	<i>Space has been left as lessons may move due to in class assemblies and current events.</i>	<i>Space has been left as lessons may move due to in class assemblies and current events.</i>	Can I describe myself in positive terms?
	Skills & Knowledge Activity	Lesson 4 Feeling good and feeling safe PPT	If they experience or witness it, whom to go to and how to get help. Anti – Bullying pack				Transition continued, describing themselves to their new teacher.

*These activities can be combined and completed either as lessons or as class assemblies.