

**Personal, Social, Health, Relationships and Economic Education (PSHRE)**

**Curriculum Overview**

The following document outlines the key objectives that all pupils will be taught during each unit of work for their year group.

Where children are taught in a mixed age class, units are delivered on a rolling-programme so that by the end of Year 2, Year 4 and Year 6, all objectives will have been taught.

**What does PSHRE look like in Year 1?**

By the end of each unit, a child will be able to:

**TEAM (Relationships)**

I can talk about the teams I belong to (family, friends, carers, community groups).

I can be a good listener (solve arguments through negotiation).

I can explain how to be kind and why it is important.

I can talk about unkind behaviour, teasing and bullying (including some types of bullying) and explain why it is unacceptable.

I can explain how to be a positive learner (including good and not so good choices).

I can identify good and not-so-good choices.

**Think Positive (Health and Well-Being)**

I can understand how happy thoughts can make me feel good.

I can make good choices and consider the impact of my decisions.

I can set myself goals and consider how to achieve them.

I can discuss my feelings and opinions with others and cope with difficult emotions.

I can discuss things I am thankful for and focus on what I do have, rather than what I don’t have.

I can focus on what is happening now and how I am feeling.

**Diverse Britain (Living in the Wider World)**

I can describe ways that I can help my school community.

I can describe ways that I can be a good neighbour.

I can identify things that help and harm my neighbourhood.

I can describe what it is like to live in the British Isles.

I know how to treat all people with kindness and respect.

I can explore how people living in the British Isles can be different and how they are the same.

I can talk about being British and living in the British Isles.

**Be Yourself (Relationships)**

I can talk about what makes me special (including setting goals).

I can name some of the different feelings I have and can describe how they feel.

I can talk about things I like that make me feel happy.

I can talk about the things that make me feel unhappy or cross and have ideas about what to do when I have these feelings.

I can discuss how change and loss make me feel (moving home, losing toys, pets or friends).

I can share what I think and feel with confidence.

**It’s My Body (Health and Well-Being)**

I know I can choose what happens to my body including when to say yes and no.

I can make healthy choices about sleep and exercise including which exercise I can do, ways to help me sleep well (good bedtime routine) and why I need to sleep.

I can make healthy choices about food and drink by listing healthy and unhealthy foods, know which foods are for a treat and how to have a healthier diet.

I know how to keep my body clean and how often different parts of my body need to be cleaned and why including teeth.

I know what is safe to eat and drink including recognising different symbols which tell us things we should not eat or drink.

I can choose to keep myself safe by making the right choice.

**Aiming High (Living in the Wider World)**

I can think of star qualities I already have and those I would like to develop.

I can explain how a positive learning attitude can help me.

I can talk about jobs that people can do and tell my friends what I want to be when I grow up.

I can understand that it is a person’s interests and skills that make them suited to doing a job.

I can think about things I would like to achieve in the future.

I can think about changes which might happen to me and consider how I feel about them.