

PSHE KS1 Overview	
Year 1	Year 2
Health and Wellbeing	
Healthy Lifestyles (Physical Wellbeing)	
<p><b>H1.</b> about what keeping healthy means; different ways to keep healthy</p> <p><b>H5.</b> simple hygiene routines that can stop germs from spreading</p> <p><b>H6.</b> that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy</p> <p><b>H7.</b> about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health</p> <p><b>H10.</b> about the people who help us to stay physically healthy</p>	<p><b>H1.</b> about what keeping healthy means; different ways to keep healthy</p> <p><b>H2.</b> about foods that support good health and the risks of eating too much sugar</p> <p><b>H3.</b> about how physical activity helps us to stay healthy; and ways to be physically active everyday</p> <p><b>H4.</b> about why sleep is important and different ways to rest and relax</p> <p><b>H8.</b> how to keep safe in the sun and protect skin from sun damage</p> <p><b>H9.</b> about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV</p>
Mental Health	
	<p><b>H11.</b> about different feelings that humans can experience</p> <p><b>H12.</b> how to recognise and name different feelings</p> <p><b>H13.</b> how feelings can affect people's bodies and how they behave</p> <p><b>H14.</b> how to recognise what others might be feeling</p> <p><b>H15.</b> to recognise that not everyone feels the same at the same time, or feels the same about the same things</p> <p><b>H16.</b> about ways of sharing feelings; a range of words to describe feelings</p> <p><b>H17.</b> about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)</p> <p><b>H18.</b> different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good</p> <p><b>H19.</b> to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it</p> <p><b>H20.</b> about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better</p>

Ourselves, Growing and Changing	
<p><b>H21.</b> to recognise what makes them special</p> <p><b>H22.</b> to recognise the ways in which we are all unique</p> <p><b>H23.</b> to identify what they are good at, what they like and dislike</p> <p><b>H24.</b> how to manage when finding things difficult</p> <p><b>H25.</b> to name the main parts of the body including external genitalia (e.g. vagina, penis, testicles)</p> <p><b>H26.</b> about growing and changing from young to old and how people's needs change</p> <p><b>H27.</b> about preparing to move to a new class/year group</p>	<p><b>H24.</b> how to manage when finding things difficult</p> <p><b>H27.</b> about preparing to move to a new class/year group</p>
Keeping Safe	
<p><b>H33.</b> about the people whose job it is to help keep us safe</p> <p><b>H35.</b> about what to do if there is an accident and someone is hurt</p> <p><b>H36.</b> how to get help in an emergency (how to dial 999 and what to say)</p>	<p><b>H28.</b> about rules and age restrictions that keep us safe</p> <p><b>H29.</b> to recognise risk in simple everyday situations and what action to take to minimise harm</p> <p><b>H30.</b> about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)</p> <p><b>H31.</b> that household products (including medicines) can be harmful if not used correctly</p> <p><b>H32.</b> ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely</p> <p><b>H34.</b> basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them</p>
Drugs, Alcohol and Tobacco	
<p><b>H37.</b> about things that people can put into their body or on their skin; how these can affect how people feel</p>	
Relationships	
Families and Close Positive Relationships	
<p><b>R1.</b> about the roles different people (e.g. acquaintances, friends and relatives) play in our lives</p> <p><b>R2.</b> to identify the people who love and care for them and what they do to help them feel cared for</p> <p><b>R3.</b> about different types of families including those that may be different to their own</p> <p><b>R4.</b> to identify common features of family life</p>	

<p><b>R5.</b> that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried</p>	
<p align="center"><b>Friendships</b></p>	
	<p><b>R6.</b> about how people make friends and what makes a good friendship</p> <p><b>R7.</b> about how to recognise when they or someone else feels lonely and what to do</p> <p><b>R8.</b> simple strategies to resolve arguments between friends positively</p> <p><b>R9.</b> how to ask for help if a friendship is making them feel unhappy</p>
<p align="center"><b>Managing Hurtful Behaviour and Bullying</b></p>	
	<p><b>R10.</b> that bodies and feelings can be hurt by words and actions; that people can say hurtful things online</p> <p><b>R11.</b> about how people may feel if they experience hurtful behaviour or bullying</p> <p><b>R12.</b> that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult</p>
<p align="center"><b>Safe Relationships</b></p>	
<p><b>R13.</b> to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private</p> <p><b>R15.</b> how to respond safely to adults they don't know</p> <p><b>R20.</b> what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard</p>	<p><b>R14.</b> that sometimes people may behave differently online, including by pretending to be someone they are not</p> <p><b>R16.</b> about how to respond if physical contact makes them feel uncomfortable or unsafe</p> <p><b>R17.</b> about knowing there are situations when they should ask for permission and also when their permission should be sought</p> <p><b>R18.</b> about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)</p> <p><b>R19.</b> basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe</p> <p><b>R20.</b> what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard</p>
<p align="center"><b>Respecting Self and Others</b></p>	
<p><b>R22.</b> about how to treat themselves and others with respect; how to be polite and courteous</p>	<p><b>R21.</b> about what is kind and unkind behaviour, and how this can affect others</p>

<p><b>R23.</b> to recognise the ways in which they are the same and different to others</p> <p>R24. how to listen to other people and play and work cooperatively</p> <p>R25. how to talk about and share their opinions on things that matter to them</p>	<p>R22. about how to treat themselves and others with respect; how to be polite and courteous</p> <p>R24. how to listen to other people and play and work cooperatively</p> <p>R25. how to talk about and share their opinions on things that matter to them</p>
<b>Living in the Wider World</b>	
<b>Shared Responsibilities</b>	
<p>L2. how people and other living things have different needs; about the responsibilities of caring for them</p> <p>L3. about things they can do to help look after their environment</p>	<p>L1. about what rules are, why they are needed, and why different rules are needed for different situations</p>
<b>Communities</b>	
<p><b>L4.</b> about the different groups they belong to</p> <p>L5. about the different roles and responsibilities people have in their community</p> <p><b>L6.</b> to recognise the ways they are the same as, and different to, other people</p>	
<b>Media Literacy and Digital Resilience</b>	
	<p><b>L7.</b> about how the internet and digital devices can be used safely to find things out and to communicate with others</p> <p><b>L8.</b> about the role of the internet in everyday life</p> <p><b>L9.</b> that not all information seen online is true</p>
<b>Economic Wellbeing; Money</b>	
<p>L10. What money is; forms that money comes in; that money comes from different sources</p> <p>L11. That people make different choices about how to save and spend money</p> <p>L12. About the difference between needs and wants; that sometimes people may not always be able to have the things they want</p> <p>L13. That money needs to be looked after; different ways of doing this</p>	
<b>Economic Wellbeing: Aspirations, Work and Career</b>	
<p>L14. that everyone has different strengths</p>	<p>L15. that jobs help people to earn money to pay for things</p> <p>L16. different jobs that people they know or people who work in the community do</p> <p>L17. about some of the strengths and interests someone might need to do different jobs</p>