



PSHRE Year Group Overview

Cycle A – Year 1

Year 1 Coverage overview					
Autumn: Health and Well-being/ Living in the Wider World/Relationships		Spring: Health and Well-being/Relationships		Summer: Health and Well-being/Relationships	
Rules/ Responsibilities	Relationships/Family/ Friends	Communication	Hygiene/Health	Bullying/Keeping safe	Fairness
1.1 Understand the reason why we have rules 1.16 Understand the concept of 'borrowing' 1.17 Understanding the importance of sharing	1.2 Know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty 1.15 Know that families are important for children growing up because they can give love, security and stability	1.3 Recognise and communicate feelings to others 1.4 Understand that it is important to share their opinions and to be able to explain their views	1.7 Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing 1.8 Know that making good choices about food will improve their health and well-being	1.9 Know about different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help 1.10 Learn about bullies and bullying behaviour 1.11 Learn about the difference between secrets and surprises 1.18 To understand the importance of sun safety	1.14 Recognise what is kind and unkind behaviour
SAFE ZONE					
Autumn		Spring		Summer	
1.5 I can explain why work I create using technology belongs to me		1.12 I can use the internet to find things out		1.13 I can recognise more detailed examples of information that is personal to me (e.g. where I live, my family's name, where I go to school)	



1.6 I can recognise that there are many people online who could make me feel sad, embarrassed or upset.		
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<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
1.1 1.2 1.3 1.4 1.5 1.6	1.7 1.8 1.9 1.10 1.11 1.12	1.13 1.14 1.15 1.16 1.17 1.18
Subject Specific Vocabulary		
See subject specific Vocabulary grid plus: Rules, Relationships, Happiness, Feelings, Opinions, Views	See subject specific Vocabulary grid plus: Hygiene, Diet, Healthy, Respect, Bullying, Secrets, Surprises	See subject specific Vocabulary grid plus: Sun, Road Safety, Kindness, Family, Money, Borrowing, Lending
I will know ...		
<ul style="list-style-type: none"> • I can understand why we have rules and how they help us in class • I can understand different relationships and why we have them • I can understand how to make positive choices and how they can lead to happiness • I can recognise how to communicate feelings to others • I can listen to and respect other peoples views and feelings • I can understand that it is important to share opinions and be able to explain my views 	<ul style="list-style-type: none"> • I can understand the importance of personal hygiene • I can understand the need for a healthy diet • I can understand why I need to do physical activity to stay healthy • I can understand the importance of respecting others • I can understand what is meant by bullying and how this may involve name calling • I can understand the difference between secrets and surprises 	<ul style="list-style-type: none"> • I can explore family and how we may show kindness • I can explore family and what is meant to care for each other • I can explore family and friends and why it is important to share • I can explain the importance of money • I can explore the concept of borrowing and lending • I can explain how to keep safe in the sun and by the road



PSHRE Year Group Overview

Cycle B – Year 2

Year 2 Coverage overview					
Autumn: Health and Well-being/ Living in the Wider World/Relationships		Spring: Health and Well-being/Relationships		Summer: Health and Well-being/Relationships	
Relationships	Communities	Keeping Safe	Emotions	Money/ Finance	Health/Hygiene
1.1 Know the importance of respecting others, even when they are very different from them 1.2 Learn about the importance of sharing as part of friendship and kindness 1.3 Recognise what is fair and unfair 1.16 Know how to ask for advice or	1.4 Understand our role in the class community 1.5 Understand that they belong to various groups and communities 1.6 Develop a sense of belonging in the wider community	1.7 Know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) 1.13 Learn about the importance of medicine safety	1.8 Understand the difference between right and wrong 1.9 Understand that all actions have consequences 1.10 Think about themselves, learn from experiences and recognise what they are good at 1.11 Recognise the importance of listening to other people	1.20 Understand the importance of managing money carefully 1.21 Understand the importance of choices and spending money wisely	1.12 Know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist 1.15 Identify and respect similarities and differences between boys and girls 1.16 Know that making good choices about food will improve their health and well-being



<p>help for themselves or others, and to keep trying until they are heard</p> <p>1.17 Learn strategies to cope with unfair teasing</p> <p>1.18 Learn to take responsibility for our actions</p> <p>1.20 Know that that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness)</p>					
SAFE ZONE					
Autumn		Spring		Summer	
<p>1.8 I can explain how other people’s identity online can be different to their identity in real-life</p> <p>1.13 I can use the internet to communicate with people I don’t know well (e.g. email a pen-pal in another school/country).</p>	<p>1.14 I can explain how information put online about me can last for a long time.</p>	<p>1.19 I can use keywords in search engines.</p> <p>1.22 I can describe why other people’s work belongs to them</p> <p>1.23 I can explain what passwords are and can use passwords for my accounts and devices.</p>			



<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
1.1 1.2 1.3 1.4 1.5 1.6 1.7 1.8 1.9 1.10	1.11 1.12 1.13 1.14 1.15	1.16 1.17 1.18 1.19
Subject Specific Vocabulary		
See subject specific Vocabulary grid plus: Community, Respect, Fair, Unfair, Consequences, Goals	See subject specific Vocabulary grid plus: Healthy choices, Diet, Body changes, Medicine, Dental Hygiene, Teeth	See subject specific Vocabulary grid plus: Bullying, Teasing, Sadness, Emotions, Money, Loss
I will know ...		
<ul style="list-style-type: none"> • I can discuss my role in our class community and school • I can discuss the importance of respecting others from different cultures and making friendships • I can recognise what is fair and unfair • I can recognise and discuss the different groups I belong to in our community • I can recognise and understand the difference between right and wrong and that all actions have consequences 	<ul style="list-style-type: none"> • I can discuss why it is important to have good dental hygiene • I can discuss why it is important to have a healthy diet for my dental hygiene • I can discuss medicine safety • I can identify and respect the similarities between boys and girls • I can identify the physical and emotional changes we have as we grow up • I can identify the importance of exercise 	<ul style="list-style-type: none"> • I can discuss what to do and who I can go to if I am bullied or see someone being bullied • I can discuss how family and friends' behaviour affects other people including teasing • I can take responsibility for my own actions and reflect on them • I can discuss the emotion of sadness and how I can cope with change and loss • I can discuss what money is as well as the different forms it comes including how it can be earned & saved



- I can learn from experiences and recognise what I am good at and set my own goals

- I can recognise the difference between needs and wants and how this may influence how I spend my money