

**Y1 PSHRE Medium Term Plan**

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|  | **Autumn 1**  | **Spring 1** | **Summer 1** |
| **Topic** | **We are Explorers** | **Blast From The Past** | **Over & Under the sea** |
| **Significant Person** | Jack O’Dell | Queen Elizabeth First | Christopher Columbus |
| **Vocabulary** | **feelings, behaviour, honest, special, unique, like, dislike, fair, unfair, difficult, unsure, manage, identify, e-safety, personal, private, trust, rules, communicate, kind, unkind, treat, polite, courteous**  | **roles, acquaintances, friends, relatives, lives, people, care, families, unhappy, worried, feelings, hurtful, privacy, private, adults, strangers, respect, respond, uncomfortable, unsafe, permission, situation**  | **healthy, foods, unhealthy, active, risks, hygiene, germs, safe, sun safe, learn, play, physically, mentally, feelings, experiences, living things, responsibilities, caring environment, strengths, interests, jobs, careers**  |
| **I will know….** |  H12. how to recognise and name different feelings  | R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives | H1. about what keeping healthy means; different ways to keep healthy |
|  | H13. how feelings can affect people’s bodies and how they behave  |  R2. to identify the people who love and care for them and what they do to help them feel cared for  |  H2. about foods that support good health and the risks of eating too much sugar  |
|  | H14. how to recognise what others might be feeling  | R3. about different types of families including those that may be different to their own  | H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday  |
|  | H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things  | R4. to identify common features of family life | H5. simple hygiene routines that can stop germs from spreading |
|  | H21. to recognise what makes them special  | R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried | H8. how to keep safe in the sun and protect skin from sun damage |
|  | H22. to recognise the ways in which we are all unique  | R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online  |  H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV |
|  | H23. to identify what they are good at, what they like and dislike | R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private  |  H10. about the people who help us to stay physically healthy |
|  | H24. how to manage when finding things difficult | R15. how to respond safely to adults they don’t know  | H11. about different feelings that humans can experience |
|  | H34. 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 | R16. about how to respond if physical contact makes them feel uncomfortable or unsafe  | L2. how people and other living things have different needs; about the responsibilities of caring for them  |
|  | L1. about what rules are, why they are needed, and why different rules are needed for different situations | R17. about knowing there are situations when they should ask for permission and also when their permission should be sought | L3. about things they can do to help look after their environment |
|  | L7. about how the internet and digital devices can be used safely to find things out and to communicate with others  |  | L14. that everyone has different strengths  |
|  | L8. about the role of the internet in everyday life  |  | L16. different jobs that people they know or people who work in the community do  |
|  | R21. about what is kind and unkind behaviour, and how this can affect others  |  | L17. about some of the strengths and interests someone might need to do different jobs |
|  | R22. about how to treat themselves and others with respect; how to be polite and courteous  |  |  |