Yearly Skills & Knowledge Progression

Subject: PSHE

Year group: Year 1

	Half Term 1	Half Term 2
Autumn	Being Me in my World Know that it is everyone's responsibility to make the class a happy and safe place for everybody to learn. Know the rights and responsibilities of being a member in the class. Know that everybody's views are important. Identify helpful behaviours to make the class a safe place. Recognise feelings associated with positive and negative consequences Understand that everyone has choices.	Celebrating Differences Know that some people are similar and some are different from one another. Know that differences make us all special and unique. Know what bullying is and how being bullied might make somebody feel. Recognise ways in which they are the same as their friends and ways they are different. Verbalise some of the attributes that make them unique and special. Discuss how being bullied might feel and suggest ways to help a person who is being bullied. Identify emotions associated with making a new friend.
	 What can make this personal to Dovers Green? British Values Week 	 What can make this personal to Dovers Green? Anti-bullying Week
	SMSC Understanding that they are special Understand that they are safe in their class Identifying helpful behaviours to make the class a safe place Identify what it's like to feel proud of an achievement Recognise feelings associated with positive and negative consequences Understand that they have choices British Values Understanding that they are special (Individual Liberty) Understanding that following rules makes a safe place for everybody to learn (Rule of Law)	SMSC Recognise ways in which they are the same as their friends and ways they are different Identify what is bullying and what isn't Understand how being bullied might feel Know ways to help a person who is being bullied Identify emotions associated with making anew friend Verbalise some of the attributes that make them unique and special British Values Celebrate similarities and differences (Mutual Respect, Tolerance & Individual Liberty) Explore positive choices, tolerance and mutual respect in relation to bullying (Tolerance and Mutual Respect)
Spring	Dreams and Goals Recognise their own feelings when they are faced with and overcome an obstacle. Know how to set goals and understand that tackling a challenge can stretch their learning. Know how to store the feelings of success in an internal treasure chest. Recognise things that they do well and how they learn best.	Healthy Me Know the difference between healthy and unhealthy. Know that all household products, including medicines, can be harmful if not used properly. Know how to keep safe when crossing the road. Identify ways to keep themselves healthy and safe. Recognise how being healthy helps people feel happy.

		Suggest how the body may be harmed when unhealthy choices are chosen.
	 What can make this personal to Dovers Green? Commando Jo session Use of Forest School for setting a challenge/ working in a team 	What can make this personal to Dovers Green? • Cooking • Police visit- stranger danger • Road Safety workshop • Visit from nurse- how to stay safe in the home
	SMSC Recognise things that they do well Explain how they learn best Celebrate an achievement with a friend Recognise their own feelings when faced with a challenge Recognise their own feelings when they are faced with an obstacle Recognise how they feel when they overcome an obstacle Can store feelings of success so that they can be used in the future British Values Demonstrate tolerance when working in a group Show mutual respect when listening to other people's opinions Setting goals (Individual Liberty)	SMSC Feel good about themselves when they make healthy choices Realise that they are special Keep themselves safe Recognise ways to look after themselves if they feel poorly Recognise when they feel frightened and know how to ask for help Recognise how being healthy helps them to feel happy British Values Making healthy lifestyle choices (Individual Liberty) Listening and following rules about how to stay safe (Rule of Law)
Summer	Relationships Know different ways people show and recognise appreciation for other people. Identify behaviour in other people that I appreciate and behaviours that I don't like. Know that your own or other people's behaviour can affect others. Express how it feels to be part of a family and to care for family members Explain and demonstrate what being a good friend means.	Changing Me Know the parts of the body that make boys different to girls and can use the correct names for these. Know and accept that change is a natural part of getting older. Know which parts of the body are private and how to be respectful. Suggest ways of managing feelings. Discuss why some changes might feel better than others. Suggest when it is and when it is not appropriate to discuss specific body parts.
	 What can make this personal to Dovers Green? Parents with different jobs to visit the children Commando Jo session 	 What can make this personal to Dovers Green? PANTS session/ assembly

 SMSC Can express how it feels to be part of a family and to care for family members Can say what being a good friend means Can show skills of friendship Can identify forms of physical contact they prefer Can say no when they receive a touch they don't like Can praise themselves and others Can recognise some of their personal qualities Can say why they appreciate a special relationship British Values Recognise and show appreciation for others (Tolerance) Identifying behaviours that they like and don't like (Individual Liberty) Celebrate what a good friend means by showing mutual respect 	SMSC Understand and accepts that change is a natural part of getting older Can identify some things that have changed and some things that have stayed the same since being a baby (including the body) Can express why they enjoy learning Can suggest ways to manage change e.g. moving to a new class British Values Understand which parts of the body are private (Rule of Law & Mutual Respect) Respect the views and beliefs of others when suggesting ways to manage change (Tolerance and Mutual Respect)
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