

Overview of Learning- Year 1**Life Skills – PSHE**

*Vocabulary for each module available in online word bank.

Ter	Module	Units Within Module	Key Concepts	British Values	Key Learning Outcomes	Why this, why now?
Autumn Term	Keeping/ Staying Healthy	<ul style="list-style-type: none"> Baseline Assessment Washing Hands 	<ul style="list-style-type: none"> Healthy, Balanced Lifestyle 	<ul style="list-style-type: none"> Individual Liberty Democracy 	<ul style="list-style-type: none"> understand what we can do to keep healthy understand why we need to wash our hands know how germs are spread and how they can affect our health be able to practise washing your hands know the differences between healthy and unhealthy choices 	Health and Wellbeing Day - September
	Keeping/ Staying Safe	<ul style="list-style-type: none"> Baseline Assessment Road Safety 	<ul style="list-style-type: none"> Risk and Safety 	<ul style="list-style-type: none"> Democracy Rule of Law Individual Liberty 	<ul style="list-style-type: none"> understand what I need to keep safe from be able to recognise what may put me or others at risk understand why it is important to stay safe when crossing the road be able to recognise a range of safe places to cross the road understand the differences between safe and risky choices know different ways to help us stay safe 	Road Safety Week - November
	Relationships	<ul style="list-style-type: none"> Baseline Assessment Friendship 	<ul style="list-style-type: none"> Relationships Identity Healthy, Balanced Lifestyle Risk and safety Diversity and Equality Change and Resilience Power 	<ul style="list-style-type: none"> Individual Liberty Mutual Respect Tolerance of those of different faiths and beliefs Democracy 	<ul style="list-style-type: none"> understand different types of relationships understand how to be a good friend be able to recognise kind and thoughtful behaviours understand the importance of caring about other people's feelings be able to see a situation from another person's point of view 	Anti- Bullying Week - November
Spring Term	Being Responsible	<ul style="list-style-type: none"> Baseline Assessment Water Spillage 	<ul style="list-style-type: none"> Identity Relationships Healthy, balanced Lifestyle Risk and Safety Rights, Responsibilities and Consent 	<ul style="list-style-type: none"> Individual Liberty Democracy Rule of Law Mutual Respect 	<ul style="list-style-type: none"> understand what we are responsible for be able to recognise how responsibilities will change as we grow know how you can help people around you understand the types of things you are responsible for know how and understand the importance of preventing accidents be able to recognise the differences between being responsible and being irresponsible 	

		<i>Aspirational</i>	<i>Resilient and Challenge Seeking</i>	<i>Caring and Collaborative</i>	<i>Creative and Curious</i>	
	Computer Safety	<ul style="list-style-type: none"> Baseline Assessment Online Bullying 	<ul style="list-style-type: none"> Relationships Healthy, Balanced Lifestyle Risk and Safety Rights, Responsibility and Consent Change and Resilience Power 	<ul style="list-style-type: none"> Democracy Mutual respect 	<ul style="list-style-type: none"> understand computers, the internet, and rules to keep safe understand how your online activity can affect others be able to identify the positives and negatives of using technology know who and how to ask for help be able to recognise kind and unkind comments 	Safer Internet Day - February
	Feelings and Emotions	<ul style="list-style-type: none"> Baseline Assessment Jealousy 	<ul style="list-style-type: none"> Identity Relationships Healthy, balanced Lifestyle Rights, Responsibilities and Consent Change and Resilience Power 	<ul style="list-style-type: none"> Individual Liberty Democracy Mutual respect 	<ul style="list-style-type: none"> understand a range of emotions and how they make us feel physically and mentally be able to recognise and name emotions and their physical effects know the difference between pleasant and unpleasant emotions learn a range of skills for coping with unpleasant/uncomfortable emotions understand that feelings can be communicated with and without words 	Health and Wellbeing Day - February
Summer Term	Hazard Watch	<ul style="list-style-type: none"> Baseline Assessment Is it safe to Eat or Drink? 	<ul style="list-style-type: none"> Healthy, Balanced Lifestyle Risk and Safety Rights, Responsibilities and Consent 		<ul style="list-style-type: none"> be able to name potential dangers in different environments know what food and drink items are safe or unsafe to eat or drink be able to name dangers that can affect others, for example younger siblings 	
	Fire Safety	<ul style="list-style-type: none"> Baseline Assessment Hoax Calling 	<ul style="list-style-type: none"> Risk and Safety Rights, Responsibilities and Consent 	<ul style="list-style-type: none"> Democracy Mutual Respect Individual Liberty 	<ul style="list-style-type: none"> know what a 'hoax call' is and why it can be risky understand why our emergency services are an important part of our community be able to show my knowledge of fire safety to others be able to practise simple ways of staying safe and finding help importance of being responsible and how our actions/choice can affect others 	
	Our World	<ul style="list-style-type: none"> Baseline Assessment Growing in Our World 	<ul style="list-style-type: none"> Identity Relationships Healthy, Balanced Lifestyle Diversity and Equality Rights, Responsibilities and Consent 	<ul style="list-style-type: none"> Mutual Respect Tolerance of those of different faiths and beliefs 	<ul style="list-style-type: none"> understand how we care for others understand the needs of a baby be able to recognise what you can do for yourself now you are older be able to describe the common features of family life be able to recognise the ways in which your family is special and unique 	RSE Day - Last Thursday in June Enterprise Week - July