



Anlaby Primary School: PSHCE Long Term Plan (Year 1)

Autumn 1- Relationships: *Ourselves and others; people who care for us; groups we belong to; families*

Key Question	Who is special to us?
POS Statements	<ul style="list-style-type: none"> • R1 about the roles different people (e.g. acquaintances, friends and relatives) play in our lives • R2 to identify the people who love and care for them and what they do to help them feel cared for • R3 about different types of families including those that may be different to their own • R4 to identify common features of family life • R5 that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried • L4 about the different groups they belong to

Year 1

Autumn 2- Relationships: *Ourselves and others; similarities and differences; individuality; our bodies*

Key Question	What is the same and different about us?
POS Statements	<ul style="list-style-type: none"> • H21 to recognise what makes them special • H22 to recognise the ways in which we are all unique • H23 to identify what they are good at, what they like and dislike • H25 to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles) BIG TALK SPRING 2 • R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private • R23. to recognise the ways in which they are the same and different to others • L6 recognise the ways they are the same as, and different to, other people • L14 that everyone has different strengths

Spring 1- Health and wellbeing: *Being healthy; hygiene; medicines; people who help us with health*

Key Question	What helps us stay healthy?
POS Statements	<ul style="list-style-type: none">• H1 about what keeping healthy means: different ways to keep healthy• H5 simple hygiene routines that can stop germs from spreading• H6 that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people stay healthy• H7 about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health• H10 about the people who help us to stay physically healthy• H37 about things that people can put into their body or on their skin; how these can affect how people feel

Spring 2- Living in the wider world: *Money; making choices; needs and wants*

Key Question	What can we do with money?
POS Statements	<ul style="list-style-type: none">• L10 what money is; forms that money comes in; that money comes from different sources• L11 that people make different choices about how to save and spend money• L12 about the difference between needs and wants; that sometimes people may not always be able to have the things they want• L13 that money needs to be looked after; different ways of doing this

Summer 1- Health and wellbeing: <i>Keeping safe; people who help us</i>	
Key Question	Who helps to keep us safe?
POS Statements	<ul style="list-style-type: none"> • H33 about the people whose job it is to help keep us safe • H35 about what to do if there is an accident and someone is hurt • H36 how to get help in an emergency (how to dial 999 and what to say) • R15 how to respond safely to adults they don't know • R20 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 • L5 about the different roles and responsibilities people have in their community

Summer 2- Living in the wider world: <i>Ourselves and others; the world around us; caring for others; growing and changing</i>	
Key Question	How can we look after each other and the world?
POS Statements	<ul style="list-style-type: none"> • H26 about growing and changing from young to old and how people's needs change • H27 about preparing to move to a new class/year group • R21 about what is kind and unkind behaviour, and how this can affect others • R22 about how to treat themselves and others with respect; how to be polite and courteous • R24 how to listen to other people and play and work cooperatively • R25 how to talk about and share their opinions on things that matter to them