

# PSHE Jigsaw Curriculum Overview — Year 1

## Being Me in My World

- I feel special and safe in my class
- I understand the rights and responsibilities as a member of my class
- I know that I belong to my class
- I know how to make my class a safe place for everybody to learn
- I know my views are valued and can contribute to the School Rules
- I recognise how it feels to be proud of an achievement
- I can recognise the choices I make and understand the consequences
- I recognise the range of feelings when I face certain consequences

## Celebrating Difference

- I can identify similarities between people in my class
- I can tell you some ways in which I am the same as my friends
- I can identify differences between people in my class
- I can tell you some ways I am different from my friends
- I can tell you what bullying is
- I understand how being bullied might feel
- I know some people who I could talk to if I was feeling unhappy or being bullied
- I can be kind to children who are bullied
- I know how to make new friends
- I know how it feels to make a new friend
- I can tell you some ways I am different from my friends
- I understand these differences make us all special and unique

## Dreams & Goals

- I can set simple goals
- I can identify my successes and achievements
- I can set a goal and work out how to achieve it
- I can tell you how I learn best
- I understand how to work well with a partner
- I can celebrate achievement with my partner
- I can tackle a new challenge and understand this might stretch my learning
- I can identify how I feel when I am faced with a new challenge
- I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them
- I know how I feel when I see obstacles and how I feel when I overcome them
- I can tell you how I felt when I succeeded in a new challenge and how I celebrated it
- I know how to store the feelings of success

## Healthy Me

- I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy
- I feel good about myself when I make healthy choices
- I know how to make healthy lifestyle choices
- I feel good about myself when I make healthy choices
- I know how to keep myself clean and healthy, and understand how germs cause disease/ illness
- I know that all household products including medicines can be harmful if not used properly
- I am special so I keep myself safe
- I understand that medicines can help me if I feel poorly and I know how to use them safely
- I know some ways to help myself when I feel poorly
- I know how to keep safe when crossing the road, and about people who can help me to stay safe
- I can recognise when I feel frightened and know who to ask for help
- I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy
- I can recognise how being healthy helps me to feel happy

Our role as educators is to teach respect, tolerance and equality for all, in line with the Equality Act 2010.