

YEAR 1 — MEDIUM-TERM OVERVIEW

Half term / Key question:	Topic	In this unit of work, pupils learn...	Examples of Books / Resources
<p>Autumn 1</p> <p>What is the same and different about us?</p>	<p>Relationships</p> <p>Ourselves and others; similarities and differences; individuality; our bodies</p> <p>PoS refs: H21, H22, H23, H25, R13, R23, L6, L14</p>	<ul style="list-style-type: none"> • what they like/dislike and are good at • what makes them special and how everyone has different strengths • how their personal features or qualities are unique to them • how they are similar or different to others, and what they have in common • to use the correct names for the main parts of the body, including external genitalia, and that parts of bodies covered with underwear are private 	<p>Inclusion, belonging — KS1-2 www.pshe-association.org.uk (pshe-association.org.uk)</p> <p>Medway Public Health Directorate relationships, KS1-3 (pshe-association.org.uk) Year 1 Lesson 3 'Everybody's Body'</p> <p>PANTS resources for schools and teachers NSPCC Learning</p>
<p>Autumn 2</p> <p>What helps us stay healthy?</p>	<p>Health and wellbeing</p> <p>Being healthy; hygiene; medicines; people who help us with health</p> <p>PoS refs: H1, H5, H6, H7, H10, H37</p>	<ul style="list-style-type: none"> • what being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor) • that things people put into or onto their bodies can affect how they feel • how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy 	<p>Dental health — resource pack KS1-3 www.pshe-association.org.uk (pshe-association.org.uk)</p> <p>Drug and alcohol education — lesson plans, resources & knowledge organisers www.pshe-association.org.uk (pshe-association.org.uk)</p>
		<ul style="list-style-type: none"> • why hygiene is important and how simple hygiene routines can stop germs from being passed on • what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing 	<p>Activities for Kids Kids' Activities Change4Life (www.nhs.uk)</p>

Spring 1

Who is special to us?

Relationships

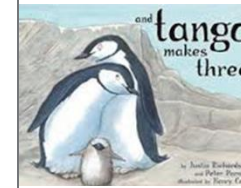
Ourselves and others; people who care for us; groups we belong to; families

PoS refs: L4, R1, R2, R3, R4, R5

- that family is one of the groups they belong to, as well as, for example, school, friends, clubs
- about the different people in their family / those that love and care for them
- what their family members, or people that are special to them, do to make them feel loved and cared for
- how families are all different but share common features – what is the same and different about them
- about different features of family life, including what families do / enjoy together
- that it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried

[Medway Public Health Directorate relationships, KS1-3 \(pshe-association.org.uk\)](https://www.pshe-association.org.uk/relationships-ks1-3)

Year 1 Lesson 1 'My special people'



[Relationships: Our Special People — KS1-2 | www.pshe-association.org.uk \(pshe-association.org.uk\)](https://www.pshe-association.org.uk/relationships-our-special-people-ks1-2)

[Different Families, Same love pack \(stonewall.org.uk\)](https://www.stonewall.org.uk/different-families-same-love-pack)



<p>Spring 2 How can we look after each other and the world?</p>	<p>Living in the wider world Ourselves and others; the world around us; caring for others; growing and changing PoS refs: H26, H27, R21, R22, R24, R25, L2, L3</p>	<ul style="list-style-type: none"> • how kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively • the responsibilities they have in and out of the classroom • how people and animals need to be looked after and cared for • how people grow and change and how people's needs change as they grow from young to old • how to manage change when moving to a new class/year group 	<p>Medway Public Health Directorate relationships, KS1-3 (pshe-association.org.uk) Year 1 Lesson 2 'the human lifecycle' Dementia teaching resources Alzheimer's Society BBC iPlayer - Topsy and Tim - Series 1: 27. Baby Jack</p>
<p>Summer 1 Who helps to keep us safe?</p>	<p>Health and wellbeing Keeping safe; people who help us PoS refs: H33, H35, H36, R15, R20, L5</p>	<ul style="list-style-type: none"> • that people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people • who can help them in different places and situations; how to attract someone's attention or ask for help; what to say • how to respond safely to adults they don't know • what to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard • how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say 	<p>Who helps to keep us safe (e book available here) Epic - Books for Kids (getepic.com) KS1 PSHE The dangers of strangers and how to keep safe (educationquizzes.com)</p>
<p>Summer 2 What can we do with money?</p>	<p>Living in the wider world Money; making choices; needs and wants PoS refs: L10, L11, L12, L13</p>	<ul style="list-style-type: none"> • what money is - that money comes in different forms • how money is obtained (e.g. earned, won, borrowed, presents) • how people make choices about what to do with money, including spending and saving • the difference between needs and wants - that people may not always be able to have the things they want • how to keep money safe and the different ways of doing this 	<p>Experian: https://www.valuesmoneyandme.co.uk/</p>

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