**Being Me In My World**

**Year 1 PSHRE**

**Consequences**

Recognise choices I make and understand consequences.

Recognise the range of feelings when I face certain consequences

**Owning our Learning Charter (LC)**

Understand my rights and responsibilities in the LC.

Understand my choices in the LC.

**Rights and Responsibilities**

Understanding the rights and responsibilities of being a member of my class.

Know how to make my class a safe place for everybody to learn.

**Rewards and Feeling Proud**

Know my views are valued and contribute to the Learning Charter.

Recognise how it feels to be proud of an achievement

**My Class**

Understand the right and responsibilities as a member of my class.

Know that I belong to my class.

**Special and Safe**

Know how to use my Jigsaw Journal.

Feel special and safe in class

**Celebrating Difference**

**Celebrating difference; celebrating me**

I am different from my friends.

Differences make us special and unique

**What do I do about bullying?**

Know some people who I could talk to if I was feeling unhappy or being bullied.

Be kind to children who are bullied.

**Making new friends**

Know how to make know friends.

Know how it feels to make a knew friend.

**What is bullying?**

Tell you what bullying is.

Understand how being bullied might feel.

**Different from**

Identify differences between people in my class.

Tell you some ways I am different from my friends.

**The same as**

Identify Similarities between people in my class.

Tell you some ways in which I am the same ways as my friends.

Dreams

**Dreams and Goals**

**Year 1 PSHRE**

**Celebrating my success**

Know how to celebrate success.

Know how to store the feelings of success

**Overcoming obstacles**

Identify challenging obstacles and how to overcome them.

How I feel facing obstacles and overcoming them.

**Achieving together**

Understand how to work well with a partner.

Celebrate achievement with my partner.

**Steps to goals**

Set a goal and work out how to achieve it.

Know how I learn best

**My treasure chest of success**

Set simple goals.

Tell you about things I do well

**Stretchy Learning**

Tackling new challenges.

Identify how I feel faced with new challenges.

**Happy healthy me**

Know why my body is amazing and how to keep it safe and healthy.

Recognise how being healthy helps me to feel happy.

**Road Safety**

Know how to cross the road safely and know who can help me to stay safe.

Recognise when I feel frightened and who I can ask for help.

**Medicine safety**

Medicines can help me if I feel poorly.

Know some ways to help myself when I feel poorly.

**Clean and healthy**

Keep myself clean and healthy and understand how germs cause disease/illness.

Know that household products/medicine can be harmful if not used properly. Recognise I am special so I keep myself safe.

**Healthy choices**

Know how to make healthy lifestyle choices.

Feel good about myself when I make healthy choices.

**Healthy Me**

H

**Being healthy**

Understand being healthy and unhealthy.

Feel good about myself when I make healthy choices.

**Families**

Identify members of my family and that all families are different.

Know how it feels to belong to a family and care about the people who are important to me

**Relationships**

**Year 1 PSHRE**

**Celebrating my special relationships**

Tell you why I appreciate someone who is special to me.

Express how I feel about them.

**Being my own best friend**

Recognise my qualities as a person and a friend.

Know ways to praise myself.

**Greetings**

Know appropriate ways of greeting my friends.

Know which forms of physical contact are acceptable and unacceptable to me.

**People who help us**

Know who can help me in my school community.

Know when I need help and how to ask for it.

**Making friends**

Identify what being a good friend means to me.

Know how to make a new friend.

**Changing me**

Some things about me have changed and some things have stayed the same.

Know that changes are ok and sometimes they will happen to me whether I want then to or not.

**I’m unique and special**

Know I’m unique and special.

Respect my body and know which parts are private.

**My changing body**

Tell you how my body has changed since I was a baby.

Understand that growing up is natural and everybody grows at different rates.

**Life cycles**

Start to understand the life cycles of animals and humans.

Understand that changes happen as we grow and that this is OK.

**Coping with changes**

Tell you about changes that have happened in my life.

Know some ways to cope with changes.

**Learning and growing**

Understand that every time I learn something knew I change a little bit.

Enjoy learning new things.

**Changing Me**