

Personal, Social and Health Education (PSHE) Vision Map

Year 1 – About Me

<b>Crucial Knowledge</b>	<b>Intent</b>
<ul style="list-style-type: none"><li>• Me:<ul style="list-style-type: none"><li>○ People's bodies change as they get older</li><li>○ Diet is the food I eat.</li><li>○ Eating too much sugar can harm my body</li><li>○ Washing helps to stop bad germs</li><li>○ Exercise is when I move my body</li><li>○ It is ok to have different feelings</li><li>○ Screen time is how long I look at a TV or computer</li></ul></li> <li>• Dreams:<ul style="list-style-type: none"><li>○ Everybody is good at something</li><li>○ A job is when someone does something to get money</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Me:<ul style="list-style-type: none"><li>○ Name body parts (neck, chin, elbow, etc)</li><li>○ Growing from young to old</li><li>○ Being healthy:<ul style="list-style-type: none"><li>– diet and the risks (sugar)</li><li>– germs: washing</li><li>– exercise</li><li>– emotions; recognise and name, share</li><li>– e-smart</li></ul></li><li>○ Likes and dislikes</li><li>○ Choices: food, games, feelings, screen time</li></ul></li> <li>• Dreams:<ul style="list-style-type: none"><li>○ Things that I am good at</li><li>○ Things I want to get better at</li><li>○ Jobs that people can do</li></ul></li></ul>

Year 1 – Relationships

### Crucial Knowledge

- Me and others:
  - Everybody is special
  - Families can be different
  - Bullying is when someone is unkind many times and knows they are being unkind
- Safety:
  - Medicine should only be taken with an adult
  - Matches and knives are very dangerous and should not be played with
  - Roads can be dangerous
  - Before I cross the road, I must: STOP, LOOK, LISTEN
  - My name and where I live are personal information
  - I should not tell strangers personal information
  - Strangers are people I don't know

### Intent

- Me and others:
  - Things I like about me
  - Families: similar and different but all special
  - Friendship: Being kind (including anti-bullying)
  - Secrets: good and bad
  - Choices
- Safety:
  - Keeping safe at home (including medicine)
  - Road safety
  - E-safety (personal information and passwords)
  - Strangers

## Year 1 – My World

### Crucial Knowledge

- Community:
  - Community is a group of people living in the same area
  - There are five British values
- Diversity:
  - People live all over the world.
  - People can look the same or different
  - Everybody is special
- My place in the world:
  - Fair means treating everyone the same
  - Unfair is when are not treated the same
  - Other people need our help

### Intent

- Community:
  - Places near me (church, shops, park)
  - Belonging to groups and the community
  - British Values
- Diversity:
  - How people are the same and different
  - Physical differences (paralympic games)
  - People all over the world
- My place in the world:
  - *Recap: staying safe (e-safety, road)*
  - Money: how to spend and save
  - Fair and unfair
  - Helping others

