

Year 1

Autumn 1 - Being in My World



Piece	PSHE learning intention	Social and emotional development learning intention
1. Special and Safe	I know how to use my Jigsaw Journal	I feel special and safe in my class
2. My Class	I understand the rights and responsibilities as a member of my class	I know that I belong to my class
3. Rights and Responsibilities	I understand the rights and responsibilities for being a member of my class	I know how to make my class a safe place for everybody to learn
4. Rewards and Feeling Proud	I know my views are valued and can contribute to the Learning Charter	I recognise how it feels to be proud of an achievement
5. Consequences	I can recognise the choices I make and understand the consequences	I recognise the range of feelings when I face certain consequences
6. Owning our Learning Charter	I understand my rights and responsibilities within our Learning Charter	I understand my choices in following the Learning Charter

Autumn 2 – Celebrating Differences

Piece	PSHE learning intention	Social and emotional development learning intention
1. The same as...	I can identify similarities between people in my class	I can tell you some ways in which I am the same as my friends
2. Different from...	I can identify differences between people in my class I can tell you some ways	I can tell you some ways I am different from my friends
3. What is 'bullying'?	I can tell you what bullying is	I understand how being bullied might feel
4. What do I do about bullying?	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
5. Making new friends	I know how to make new friends	I know how it feels to make a new friend
6. Celebrating difference; celebrating me	I can tell you some ways I am different from my friends	I am different from my friends I understand these differences make us all special and unique

Spring 1 – Dreams and Goals

Piece	PSHE learning intention	Social and emotional development learning intention
1. My Treasure Chest of Success	I can set simple goals	I can tell you about a thing I do well
2. Steps to Goals	I can set a goal and work out how to achieve it	I can tell you how I learn best
3. Achieving Together Puzzle outcome: Dream wellies	I understand how to work well with a partner	I can celebrate achievement with my partner
4. 4. Stretchy Learning Puzzle outcome: Stretchy flowers	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
5. Overcoming Obstacles	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
6. Celebrating My Success Assessment Opportunity H	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 in my internal treasure chest

Spring 2 - Healthy Me

Piece	PSHE learning intention	Social and emotional development learning intention
1. Being Healthy	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
2. Healthy Choices	I know how to make healthy lifestyle choices	I feel good about myself when I make healthy choices
3. Clean and Healthy	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
4. Medicine Safety	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
5. Road Safety	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
6. Happy, Healthy Me	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

Summer 1 - Relationships

Piece	PSHE learning intention	Social and emotional development learning intention
1. Families	I can identify the members of my family and understand that there are lots of different types of families	I know how it feels to belong to a family and care about the people who are important to me
2. Making Friends	I can identify what being a good friend means to me	I know how to make a new friend
3. Greetings	I know appropriate ways of physical contact to greet my friends and know which ways I prefer	I can recognise which forms of physical contact are acceptable and unacceptable to me
4. People Who Help Us	I know who can help me in my school community	I know when I need help and know how to ask for it
5. Being My Own Best Friend	I can recognise my qualities as person and a friend	I know ways to praise myself
6. Celebrating My Special Relationships	I can tell you why I appreciate someone who is special to me	I can express how I feel about them

Summer 2 – Changing Me

Piece	PSHE learning intention	Social and emotional development learning intention
1. Life cycles	I am starting to understand the life cycles of animals and humans	I understand that changes happen as we grow and that this is OK
2. Changing Me	I can tell you some things about me that have changed and some things about me that have stayed the same	I know that changes are OK and that sometimes they will happen whether I want them to or not
3. My Changing Body	I can tell you how my body has changed since I was a baby	I understand that growing up is natural and that everybody grows at different rates
4. Boys' and Girls' Bodies	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus	I respect my body and understand which parts are private
5. Learning and Growing	I understand that every time I learn something new	I change a little bit I enjoy learning new things
6. Coping with Changes	I can tell you about changes that have happened in my life	I know some ways to cope with changes