

Year One PSHE End Point

Year group		National Curriculum Objectives					
		Autumn 1 <i>Being me in my world</i>	Autumn 2 <i>Celebrating difference</i>	Spring 1 <i>Dreams and Goals</i>	Spring 2 <i>Healthy me</i>	Summer 1 <i>Relationships</i>	Summer 2 <i>Changing me</i>
1	1	I know how to use my Jigsaw Journal Jigsaw journal Safe, Special, Calm	1 I can identify similarities between people in my class Similarity, Same as	1 I can set simple goals goal, achieve	1 I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy Unhealthy, Balanced	1 I can identify the members of my family and understand that there are lots of different types of families Belong, Same, Different	1 I am starting to understand the life cycles of animals and humans Life cycles, Adulthood, Mature,
	2	I understand the rights and responsibilities as a member of my class Special, Rewards, Proud	2 I can identify differences between people in my class Different from, Difference	2 I can set a goal and work out how to achieve it Learning, Stepping-stones, Process	2 I know how to make healthy lifestyle choices Choices Exercise	2 I can identify what being a good friend means to me Friendship, Qualities, Caring, Sharing, Kind,	2 I can tell you some things about me that have changed and some things about me that have stayed the same Changes, same, grow
	3	I understand the rights and responsibilities for being a member of my class Belonging	3 I can tell you what bullying is Bullying, Bullying behaviour Bully, Bullied	3 I understand how to work well with a partner Working together, Team work	3 I know how to keep myself clean and healthy, and understand how germs cause disease/illness Clean, keeping clean	3 I know appropriate ways of physical contact to greet my friends and know which ways I prefer Greeting, Touch, Feel, Texture, Like, Dislike	3 I can tell you how my body has changed since I was a baby change, baby, child, adult
	4	I know my views are valued and can contribute to the Learning Charter. Valued, contribute, team	4 I know some people who I could talk to if I was feeling unhappy or being bullied Deliberate, On purpose Unfair	4 I can tackle a new challenge and understand this might stretch my learning Challenge, Learning, Stretchy,	I know that all household products including medicines can be harmful if not used properly Safe Medicines, Safe, Safety,	4 I know who can help me in my school community Help, Helpful Community,	4 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 Male, Female, Vagina, Penis, Testicles, Vulva, Anus,
	5	I can recognise the choices I make and understand the consequences. Consequences, choices, understand	5 I know how to make new friends Included, kind, friend	5 I can tell you about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them Feelings, Obstacle, Overcome,	4 I understand that medicines can help me if I feel poorly and I know how to use them safely Safe Medicines, Safe, Safety,	5 I can recognise my qualities as person and a friend Confidence, Praise, Skills, Self-belief, Incredible, Proud,	5 I understand that every time I learn something new I change a little bit Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping
	6	I understand my rights and responsibilities within our Learning Charter Learning Charter, Jigsaw Charter, rights, responsibilities	6 I can tell you some ways I am different from my friends Celebrations, Special, Unique	6 I can tell you how I felt when I succeeded in a new challenge and how I celebrated it Achieve Celebrate Proud, Success,	5 I know how to keep safe when crossing the road, and about people who can help me to stay safe Green Cross Code, Eyes, Ears, Look, Listen, Wait	6 I can tell you why I appreciate someone who is special to me Celebrate, Relationships, Special, Appreciate	6 I can tell you about changes that have happened in my life changes, new, transition

By the end of Year One, children will understand the rights and responsibilities of being a member of a class and school. They will be able to name different rewards and consequences. Children will be able to talk about the similarities and differences between them and children in their class and articulate what bullying is. Children will be able to set their own goals and make a plan to work to achieve them. They will be able to tell you about obstacles they may face when trying to achieve their goal. Children will understand the difference between healthy and unhealthy, including exercise, keeping clean and medicine. Children will be able to explain how to keep safe when crossing the road. Children will be able to talk about members of their families and the qualities of a good friend. Finally, children will begin to understand life cycles of animals and humans and explain how their body has changed since being a baby. Children will identify the parts of the body that make boys and girls different.