



'Go and do Likewise' Luke 10:25, -37 The Parable of the Good Samaritan
We live with love and compassion, seeking help in times of need

Curriculum Map: Personal, Social and Health Education Year 1

	Autumn 1 Making friends: playing and learning together	Autumn 2 Celebrating me, you and our families	Spring 1 Safety at home	Spring 2 Being healthy	Summer 1 Showing kindness to ourselves and others	Summer 2 Changing me
Content Declarative Knowledge 'I know'	-Define what friendship is and identify the qualities that make a good friend, such as trust, respect, and loyalty. -Understand that disagreements are a normal part of friendship, and that friends can argue but also successfully make up afterward. -Recognise that physical aggression is never acceptable, understanding that physically hurting someone is never the right way to resolve a conflict. -Identify the signs of bullying, distinguishing it from	-Understand that everyone is unique and equal, their own special qualities regardless of any similarities or differences they share with others. -Define what a family is and identify the specific people who make up their own family network. -Recognise that there are many different types of families, and that every family structure is unique, special, and valid. -Explain how families show love, care, and support, identifying the different ways family members spend time together	-Explain that medicines are used to help people feel better when they are poorly, but that they can be harmful if taken incorrectly. -Know the golden rule: Never touch, smell, or taste an unknown substance (products or pills) or medicine without asking a trusted adult first.	-Name a variety of healthy foods (like fruits and vegetables) and drinks (like water and milk) that help our bodies grow strong. -Give examples of different ways to move their bodies and explain that physical activity keeps our hearts and muscles healthy. -Explain why our bodies need a good night's sleep to have energy for the next day. -State that we should brush our teeth twice a day for two minutes to keep them clean and healthy.	-Know what well-being means -name and recognise different feelings -recognise why kindness is important	-Know that animals including humans have a life cycle -Know that changes happen when we grow up -Know that people grow up at different rates and that is normal -Know the names of male and female private body parts -Know that there are correct names for private body parts and nicknames, and when to use them -Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these

	an everyday, one-off friendship argument.	and share in each other's lives.				-Know who to ask for help if they are worried or frightened -Know that learning brings about change
Skills Procedural Knowledge 'I know how to'	-Demonstrate how to make friends and practice being kind, caring, and supportive within a friendship. -Apply simple, positive strategies to resolve arguments between friends when disagreements happen. -Ask for permission respectfully before invading a friend's personal space or using their belongings. -Seek help confidently from a trusted adult if a friendship is making them feel unhappy, unsafe, or uncomfortable.	-Appreciate and celebrate differences in individuals and family structures within their school and wider community. -Demonstrate respect and inclusivity when talking about or interacting with people from different backgrounds or family setups. -Identify and use a support network (such as a trusted adult, teacher, parent) to seek help if anything about their family life is causing them worry, sadness, or concern.	-Name and point out potential dangers in different areas of the home (e.g., hot surfaces in the kitchen, wet floors in the bathroom). -Sort everyday household products into things that are safe for children to use independently and things that require adult supervision or are strictly "adults-only." -Name specific people at home and at school whom they can ask for help if they find something potentially dangerous.	-Show how and when to wash their hands properly (e.g., before eating, after using the toilet) to wash away germs. -Identify ways to protect themselves from the sun, such as wearing a hat, applying sunscreen, and seeking shade.	-describe how others might be feeling -show some ways of representing feelings -identify some ways of being kind to ourselves and other people -decide whether someone is being kind or unkind -identify things someone can do if others are being unkind -identify different things that can help people feel good -show how behaviours can make people feel -suggest things they can do to help themselves feel good	-Understand and accepts that change is a natural part of getting older -Can identify some things that have changed and some things that have stayed the same since being a baby (including the body) -Can express why they enjoy learning -Can suggest ways to manage change e.g. moving to a new class
Vocabulary	Friendship, Kind, Trust, Argue, Make up, Hurt, Bullying, Share, Help, Ask, Space, Safe	Unique, Equal, Difference, Respect, Include, Family, Structure, Valid, Care, Support, Trusted Adult, Network, Worry	Medicine, Harmful, Unknown substance, Trusted adult, Danger, Hot surface, Adult supervision, Adults-only,	Healthy, Fruits, Vegetables, Water, Milk, Strong, Physical activity, Heart, Muscles, Sleep, Energy, Germs,	Well-being, Feelings, Kindness, Kind, Unkind, Caring, Helpful, Unhappy, Lonely, Calm, Express, Support	Changes, Life cycles, Baby, Adult, Adulthood, Grown-up, Mature, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Learn,

			Household product, Safe, Help	Protect, Sunscreen, Shade		New, Grow, Feelings, Anxious, Worried, Excited, Coping.
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