Year 1 PSHE Medium Term Plan - Autumn			
Theme: Relationships	Sub-themes: Families and friendships Safe relationships Respecting ourselves and other	ers	LAUſUS
Core Substantive Knowledge		Key Vocabulary	Key Questions
<ul> <li>Who cares for them and how</li> <li>What makes a family, and that families can look different</li> <li>The importance of feeling safe and cared for</li> <li>How to speak up if they feel worried about something at home</li> </ul>		family, parents, mum, dad, siblings, brother, sisters relatives, relationship, step-dad, step-mum, blended family, extended family, step-family, foster family, adoptive family, single parent family,	<ul> <li>Who cares for me and what role do they play in my life?</li> <li>How are families different?</li> <li>Who can I tell if I am worried about something?</li> </ul>
<ul> <li>Safe Relationships: Privacy and Permission</li> <li>Children learn: <ul> <li>When to seek help if someone's body or feelings are hurt</li> <li>What privacy means, including private body parts</li> <li>How different types of touch can feel, and how to respond if uncomfortable</li> <li>When and how to ask for or give permission to touch others</li> </ul> </li> </ul>		relationship, disagreement, communicate, mean, bullying Private parts, appropriate and inappropriate touch. unsafe, uncomfortable. Permission	<ul> <li>What do I do if someone is unkind to me or my friends?</li> <li>Who can I talk to for help?</li> <li>Which parts of my body are private?</li> <li>What is appropriate and inappropriate touch?</li> <li>What do I do if a touch has made me feel uncomfortable?</li> </ul>
Respecting Ourselves and Others: Kindness and Respect Children learn:		kind, unkind, choices, rules control, community, respect	What does kind and unkind behaviour look like in and out of school?

understanding, empathy,

dignity, culture,

compassion, polite, sharing, turn

taking., disrespect, role model,

• What different needs do people have?

• What does it look like to be respectful?

• Why do we have class rules?

What kind and unkind behaviour looks like and how it affects

That people have different needs and deserve respect

Why class rules help everyone feel safe and included

The importance of politeness, sharing, and taking turns

others