

Year 1 Time For Us Curriculum Map 2025/2026

	Autumn Term		Spring Term		Summer Term	
Theme	1: Being me in my world	Relationships	Healthy Me	Celebrating Difference	Dreams and Goals	Changing Me
LOs	<ol style="list-style-type: none"> 1. I understand that I am part of my class and school community. 2. I know why we have rules and how they help us. 3. I know how to listen carefully and take turns when talking. 4. I understand how my actions affect my friends and teachers. 5. I know how to work and play well with others. 6. I know how to be kind and include others in games. 7. I understand that everyone has a role in making our class a happy place. 	<ol style="list-style-type: none"> 1. I know what makes a good friend. 2. I understand that we all have different likes and dislikes. 3. I know how to share and take turns. 4. I understand that sometimes friends disagree and how to solve problems. 5. I know what bullying is and who to talk to if I need help. 6. I know how to be a kind and caring friend. 7. I know how to help 	<ol style="list-style-type: none"> 1. I understand what being healthy means. 2. I know what foods help my body stay strong. 3. I understand why exercise is important. 4. I know how to keep myself safe at home and school. 5. I know why it is important to wash my hands and keep clean. 6. I understand why sleep helps me feel good and grow. 	<ol style="list-style-type: none"> 1. I know that we are all special in different ways. 2. I understand why it is important to be kind to everyone. 3. I know how to be a good friend to someone who is different from me. 4. I understand that we should celebrate what makes us unique. 5. I know how to speak up if someone is being treated unfairly. 	<ol style="list-style-type: none"> 1. I know what a goal is and why it is important to try my best. 2. I understand that learning new things takes practice. 3. I know how to keep trying even when something is difficult. 4. I know that everyone has different skills and talents. 5. I know how to work with others to achieve something. 6. I know how to feel proud when I do something well. 	<ol style="list-style-type: none"> 1. I understand that I am growing and changing all the time. 2. I know how to talk about my feelings when things change. 3. I understand that some changes are exciting and some might feel a bit scary. 4. I know how to take care of my body as I grow. 5. I understand that everyone grows in their own way. 6. I know who to talk to if I feel worried about change.

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	8. I know how to ask for help when I need it.	someone who is feeling sad or left out.				7. I know that change is a normal part of life.
Key Vocab	<ul style="list-style-type: none"> ○ Rules ○ Choices ○ Respect ○ Responsibility ○ Friendship ○ Kindness ○ Listening ○ Sharing 	<ul style="list-style-type: none"> ○ Friend ○ Feelings ○ Kind ○ Bullying ○ Caring ○ Turn-taking ○ Help ○ Family 	<ul style="list-style-type: none"> ○ Healthy ○ Exercise ○ Hygiene ○ Sleep ○ Safe ○ Food ○ Drink ○ Happy 	<ul style="list-style-type: none"> ○ Special ○ Unique ○ Different ○ Same ○ Respect ○ Fair ○ Unkind ○ Help 	<ul style="list-style-type: none"> ○ Goal ○ Try ○ Achieve ○ Learn ○ Effort ○ Teamwork ○ Practice ○ Proud 	<ul style="list-style-type: none"> ○ Change ○ Growing ○ Feelings ○ Happy ○ Worried ○ New ○ Help ○ Talk