

PSHE Curriculum Year One



Year One		
Relationships		
What is a family?	How can we keep ourselves safe?	How can we show respect?
Special- great or important Family- a group of adults and children that are related and love each other Care- look after Trusted adult- a grown-up who makes you feel safe	Physically- relating to the body Emotionally- relating to your feelings Private- belonging only to you Permission- allowing someone to do something	Respect- treating someone in a way that makes them feel cared for and important Rules- a set of instructions you must follow Kind- being friendly Unkind- being unfriendly Behaviour- your actions
<ul style="list-style-type: none"> People that might care for me are; parents, siblings, grandparents, relatives, friends, teachers These people will care for me by helping me, loving me, looking after me and keeping me safe A family is a group of adults and children that are related to and love each other All families are different It is important to tell someone if they are worried about something in our family 	<ul style="list-style-type: none"> I go to a trusted adult if I am hurt Being hurt physically means my body is hurt Being hurt emotionally means my feelings are hurt I can keep things private to me such as information and my private body parts If someone touches me and makes me feel uncomfortable or unsafe, I can say no and tell a trusted adult I will ask permission to touch others and can say yes or no when that question is asked 	<ul style="list-style-type: none"> Kind behaviour can make people happy Unkind behaviour can make people sad Respect is treating someone in a way that makes them feel cared for and important
Living in the Wider World		
What jobs are there in the community?	How can we stay safe online?	What are the rules in our community?
Strengths – having a talent for something Job – a role where someone carries out a task, usually for money	Internet – computers connected to each other around the world	Rules – a set of instructions people must follow Community – group of people in the same place (living or working)
<ul style="list-style-type: none"> Everyone has different strengths in and out of school (good at sports, good at reading/writing/maths, good at singing, good at looking after things) Lots of people have jobs to help us in our community such as nurses, doctors, emergency services, cleaners, teachers, lollipop ladies, bin men Different strengths and interests are needed to different jobs 	<ul style="list-style-type: none"> We can use phones, laptops, computers, ipads/tablets to use the internet We use the internet to find out information about the world, play games, listen to music and watch videos. The internet helps us to learn things and have fun but must be used safely. To stay safe online we don't communicate with people we do not know If anything happens that upsets us or worries us we can tell an adult We can show a trusted adult anything that we think isn't right 	<ul style="list-style-type: none"> There are different rules at home, in school and in the community Rules are there to help keep people safe and make sure everyone is doing the right thing We can care for people, animals and living things We can show care by being kind, looking after one another and animals, picking up litter
Health and Wellbeing		
How can rules keep us safe?	How can we keep healthy?	How am I unique?
Age restriction- a rule to tell us the age something can or cannot be done	Healthy – to not be sick Physical activity – activity that involves you moving your body Hygiene – keeping ourselves and around us clean to stop germs spreading	Unique- being unlike anything else Sad- unhappy Happy- pleasure Angry- a strong feeling of displeasure Scared- frightened Loved- feeling important to someone else Calm- not feeling worried Mixed up- not knowing what you are feeling or feeling different emotions together
<ul style="list-style-type: none"> Rules help to keep us safe TV programmes and films have age restrictions to keep me safe Games, toys and play areas have age restrictions to keep me safe I can stay safe online by following rules like flag it, block it, zip it I go to a trusted adult if something makes me feel unhappy, worried or scared 	<ul style="list-style-type: none"> We can take care of ourselves on a daily basis by brushing our teeth, washing our hands and having a wash. Healthy foods are good for our body and provide us with vitamins such as fruit and vegetables. Unhealthy foods do not offer the body lots of vitamins and can have lots of sugar, salt and fats such as sweets, fast food and cakes. Physical activity keeps us healthy by helping to build strong bones, muscles and heart. To stay healthy, we need to have a balance of indoor, outdoor and screen-based play. Parents, doctors, nurses, dentists and teachers can help to keep us healthy. We can stay safe in the sun by wearing sun cream, sun hats and glasses and not to stay in the sun for too long. 	<ul style="list-style-type: none"> People have similarities and differences My differences make me special Stress is a worried feeling when lots of things could go wrong A trusted adult can help when I'm finding things difficult A change in feelings can affect my behaviour