

PSHE



PSHE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Family and Relationships <ul style="list-style-type: none"> Understand that families can include a range of people. Understand who their friends are and what people like to do with friends. Describe what people might look like if they are feeling: angry, scared, upset or worried. Identify ways of responding to this by either offering help or giving them space. Understand the skills needed to work together in a group. Understand that friendships can have problems and learn ways to overcome these problems. Understand how the actions of others can affect people. Explain what a stereotype is. 	Health and Wellbeing <ul style="list-style-type: none"> Describe how they feel using appropriate vocabulary, recognising what different emotions might look/feel like. Describe situations which may provoke certain feelings. Describe their own qualities and strengths and recognise something they want to get better at. Describe their bedtime routine, explaining why sleep is important. Explain how rest and relaxation affects our bodies, including mental functions. Identify examples where they could use relaxation to help manage difficult emotions. Understand that germs can be spread via our hands. Know how to wash their hands properly. 	Safety and the changing body <ul style="list-style-type: none"> Know a number of adults in school. Know that they should speak to an adult if they are ever worried or feel uncomfortable about another adult. Understand ways to keep safe and not get lost and know the steps to take if they do get lost. Know the number for the emergency services and their own address. Understand that some types of physical contact are never acceptable. Know what can go into or onto the body and when they should check with an adult. Understand that there are hazards in houses and know how to avoid them. Understand and name jobs that people do to help keep us safe. 	Citizenship <ul style="list-style-type: none"> Know a number of adults in school. Know that they should speak to an adult if they are ever worried or feel uncomfortable about another adult. Understand ways to keep safe and not get lost and know the steps to take if they do get lost. Know the number for the emergency services and their own address. Understand that some types of physical contact are never acceptable. Know what can go into or onto the body and when they should check with an adult. Understand that there are hazards in houses and know how to avoid them. Understand and name jobs that people do to help keep us safe. 	Economic Wellbeing <ul style="list-style-type: none"> Explain why the class and school rules are important. Discuss the different needs of a range of pets. Describe some of the needs of babies and young children. Recognise some similarities and differences between themselves and others. Identify some groups which they belong to. Recognise that different individuals belong to different groups. Explain why voting is a fair way to make a decision involving a lot of people. 	Transition <ul style="list-style-type: none"> Understand that everyone has different strengths. Explain some of the skills developed in Year 1. Identify positives and challenges of moving to a new class.