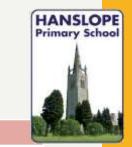
PSHE



PSHE Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1 Summer 2

Year 1

Family and Relationships

- 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

- 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

Safety and the changing body

- 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

Citizenship

- 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

- 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

- 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.