



Year 1 - PSHRE



Core 1: HEALTH AND WELLBEING	Core 2: RELATIONSHIPS	Core 3: LIVING IN THE WIDER WORLD
<p>H1. about what keeping healthy means; different ways to keep healthy</p> <p>H2. about foods that support good health and the risks of eating too much sugar</p> <p>H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday</p> <p>H5. simple hygiene routines that can stop germs from spreading</p> <p>H8. how to keep safe in the sun and protect skin from sun damage</p> <p>H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV</p> <p>H10. about the people who help us to stay physically healthy</p>	<p>R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives</p> <p>R2. to identify the people who love and care for them and what they do to help them feel cared for</p> <p>R3. about different types of families including those that may be different to their own</p> <p>R4. to identify common features of family life</p> <p>R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried</p>	<p>L1. about what rules are, why they are needed, and why different rules are needed for different situations</p> <p>L2. how people and other living things have different needs; about the responsibilities of caring for them</p> <p>L3. about things they can do to help look after their environment</p>
<p>H11. about different feelings that humans can experience</p> <p>H12. how to recognise and name different feelings</p> <p>H13. how feelings can affect people's bodies and how they behave</p> <p>H14. how to recognise what others might be feeling</p> <p>H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things</p> <p>H21. to recognise what makes them special</p> <p>H22. to recognise the ways in which we are all unique</p> <p>H23. to identify what they are good at, what they like and dislike</p> <p>H24. how to manage when finding things difficult</p>	<p>R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online</p> <p>R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private</p> <p>R15. how to respond safely to adults they don't know</p> <p>R16. about how to respond if physical contact makes them feel uncomfortable or unsafe</p> <p>R17. about knowing there are situations when they should ask for permission and also when their permission should be sought</p>	<p>L7. about how the internet and digital devices can be used safely to find things out and to communicate with others</p> <p>L8. about the role of the internet in everyday life</p>
<p>H28. about rules and age restrictions that keep us safe</p> <p>H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them</p>	<p>R21. about what is kind and unkind behaviour, and how this can affect others</p> <p>R22. about how to treat themselves and others with respect; how to be polite and courteous</p>	<p>L14. that everyone has different strengths</p> <p>L16. different jobs that people they know or people who work in the community do</p> <p>L17. about some of the strengths and interests someone might need to do different jobs</p>



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Year 1 Topic Coverage

<u>Autumn: Core 2</u> <u>RELATIONSHIPS</u>			<u>Spring: Core 3</u> <u>LIVING IN THE WIDER WORLD</u>			<u>Summer: Core 1</u> <u>HEALTH AND WELLBEING</u>		
<u>Families and Friendships</u>	<u>Safe Relationships</u>	<u>Respecting Ourselves and others</u>	<u>Belonging to a Community</u>	<u>Media Literacy and Digital Resilience</u>	<u>Money and Work</u>	<u>Physical Health and Mental Wellbeing</u>	<u>Growing and Changing</u>	<u>Keeping Safe</u>
R1, R2, R3, R4, R5	R10, R13, R15, R16, R17	R21, R22	L1, L2, L3	L7, L8	L14, L16, L17	H1, H2, H3, H5, H8, H9, H10	H11, H12, H13, H14, H15, H21, H22, H23, H24	H28, H34
<u>Vocabulary – Subject Specific</u>								
Engage with, Talk about, Explore, Ask questions, Recognise, Listen and respond, Find out about, Identify, Hear and respond, Listen to, Find out about								
<u>Vocabulary - Topic Specific</u>								
Belonging Family life Friendship Falling out Physical contact Preferences Celebrations Bullying Feelings Respect			Special Safe Community Consequences Rewards Similarities Differences Bullying Celebrating Success Achievement Learning styles Overcoming obstacles			Medicine Medication Road safety Life cycles (animal/human) Male Female Changes Bodies Respecting my body Fun Growth Exercise Healthy food Physical activity Exercise		



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I will learn...

<p>that people care for me, e.g. parents, siblings, grandparents, relatives, friends, teachers</p> <p>that different people play different roles in children's lives and how they care for them</p> <p>how families are different and what being a family means, e.g. single parents, same-sex parents, etc.</p> <p>how important it is to tell someone and how to tell them if I am worried about something in my family</p>	<p>that there are situations when someone's body or feelings might be hurt and whom to go to for help</p> <p>that some things should be kept private, including parts of the body that are private</p> <p>how to identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches)</p> <p>how to respond if being touched makes them feel uncomfortable or unsafe</p> <p>that it is important to ask for permission to touch others</p>	<p>that there is kind and unkind behaviour and what that means in and out school</p> <p>how kind and unkind behaviour can make people feel</p> <p>How to be respectful</p> <p>How to follow class rules, be polite to others, share and take turns</p>	<p>that there are rules in different situations, e.g. class rules, rules at home, rules outside</p> <p>that different people have different needs</p> <p>how we care for people, animals and other living things in different ways</p> <p>how I can look after the environment, e.g. recycling</p>	<p>how and why people use the internet</p> <p>how using the internet and digital devices is beneficial.</p> <p>how people find things out and communicate safely with others online</p>	<p>that everyone has different strengths, in and out of school</p> <p>how different strengths and interests are needed to do different jobs</p> <p>that there are people whose job it is to help us in the community</p> <p>that there are different jobs and the work people do</p>	<p>how to be healthy and why it is important</p> <p>how to take care of myself on a daily basis</p> <p>that there are basic hygiene routines, e.g. hand washing</p> <p>that there are healthy and unhealthy foods, including sugar intake</p> <p>how physical activity keeps people healthy</p> <p>that there are different types of play, including balancing indoor, outdoor and screen-based play</p> <p>that people can help me to stay healthy, such as</p>	<p>that I am special and what makes me special and unique including my likes, dislikes and what I am good at.</p> <p>how to manage and whom to tell when finding things difficult, or when things go wrong</p> <p>how I am the same and different to others</p> <p>that there are different kinds of feelings</p> <p>how to recognise feelings in myself and others</p> <p>how feelings can affect how people behave</p>	<p>how rules can help to keep me safe</p> <p>that some things have age restrictions and why, e.g. TV and film, games, toys or play areas</p> <p>that there are basic rules for keeping safe online</p> <p>that if I see something online that makes them feel unhappy, worried, or scared that I can tell someone</p>
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	how to ask for and give/not give permission					parents, doctors, nurses, dentists, lunch supervisors how to keep safe in the sun		
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