

PSHE KS1



	Knowledge	Skills
Health and Wellbeing	<p>Healthy Lifestyles To know about things that keep our bodies healthy</p> <p>Growing and Changing To know about themselves physically and emotionally To know names of the body parts for boys and girls</p> <p>Keeping Safe To know how to keep safe in the home - focus on household products To know the rules for staying safe in a range of situations To know about responsible adults</p>	<p>Healthy Lifestyles</p> <p>Y1</p> <ul style="list-style-type: none"> • Understand the benefits of physical activity, sleep, rest, healthy food • Understand the importance of basic hygiene routines <p>Y2 as Y1 and</p> <ul style="list-style-type: none"> • Make healthy choices • Understand how feelings keep us healthy • Develop strategies to manage feelings <p>Y1</p> <ul style="list-style-type: none"> • Say what they are good at • Set simple goals • Say what it feels like to experience loss/change (moving home, pet, toys, friends) <p>Y2 as Y1 and</p> <ul style="list-style-type: none"> • Explain how they are becoming more independent as they are getting older • Use the correct names for the main body parts of boys and girls <p>Y1</p> <ul style="list-style-type: none"> • Recognise symbols that show household products are harmful • Recognise that medicines can be harmful if nit used correctly • Ask for help if they are worried about something. <p>Y2 as Y1 and</p> <ul style="list-style-type: none"> • Explain rules for keeping safe in familiar and unfamiliar situations (ICT use, road safety, cycle safety, water safety, fire safety, train/canal safety) • How they should ask for help • Explain privacy - how they have privacy rights and respecting others' privacy rights

Relationships	<p>Feelings and emotions To know how to communicate feelings</p> <p>Healthy Relationships To know the importance of not keeping secrets To know about special people in their lives</p> <p>To know what physical contact is acceptable, comfortable, unacceptable and uncomfortable Know how to react to teasing and bullying</p> <p>Valuing difference To know how to show respect towards people</p>	<p>Y1</p> <ul style="list-style-type: none"> • Recognise how other people are feeling • Share their feelings with others <p>Y2 as Y1 and</p> <ul style="list-style-type: none"> • Understand how their behaviour can make others feel • Understand that bodies and feelings can be hurt <p>Y1</p> <ul style="list-style-type: none"> • Recognise that secrets should not be kept • Recognise feeling uncomfortable, anxious and afraid • Identify who are the special people in their lives that they can talk to • Recognise that special people in their lives should care for them <p>Y2 as Y1 and</p> <ul style="list-style-type: none"> • Listen to others and play co-operatively • Recognise what is appropriate/inappropriate touch and how to respond to it • Recognise that hurtful teasing and bullying is wrong and what to do is it is happening <p>Y1</p> <ul style="list-style-type: none"> • Share their views and opinions with others • Explain respect • Show respect towards others who are similar/different <p>Y2 as Y1 and</p> <ul style="list-style-type: none"> • Explain the importance of respect
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Living in the Wider World	<p>Rights and Responsibilities To know how they can contribute towards the life of the classroom and school To know how they are unique</p> <p>Environment To know how to care for the local environment</p> <p>Money To know about money and the role it plays in their lives</p>	<p>Y1</p> <ul style="list-style-type: none"> • Recall class/school rules • Explain why rules are important • Explain what unique means • Understand everyone is unique • Recognise the similarities and differences with others <p>Y2 as Y1 and</p> <ul style="list-style-type: none"> • Explain what groups and communities they belong to • Understand everyone has rights and everyone should work together to help protect those rights • How to call 999 in an emergency <p>Y1</p> <ul style="list-style-type: none"> • find out what harms our local, natural and built environments • explain strategies and skills needed to care for these environments (including conserving energy) <p>Y2 as Y1</p> <ul style="list-style-type: none"> • <p>Y1</p> <ul style="list-style-type: none"> • Explain where money comes from and what it is used for • Understand the concept of spending and saving and what influences those choices <p>Y2 as Y1 and</p> <ul style="list-style-type: none"> • Where to keep money safe
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10 lessons per topic