SUBJECT FOCUS:	<u>PSHE</u>	YEAR 1	WHOLE SCHOOL
			YEAR

RELATIONSHIPS

Healthy Relationships Key Facts

- Our star qualities make us special.
- We are all different and that is something to be celebrated.
- Respect means treating other people and their beliefs with care and understanding.
- Telling a friend what we appreciate about them makes them feel good. This is called a compliment.
- Being kind makes people happier.
- You can never run out of kindness, so don't be afraid to be kind to everyone.
- Kindness is like a boomerang, when we give it, it usually comes back to us.
- Our **behaviour** can affect other people. It is important to be polite, share and take turns when working with others or as part of a team.
- Most people have their best ideas when they work as a team.
- We learn best by listening, seeing things or doing things.
- We all have special people who help and care for us.
- Special people make us feel safe and comfortable.
- All families are different.
- Always remember your body belongs to you and you can **choose** what happens with your body.
- There are some parts of of our body which are private. That means no one should be allowed to see or touch them without permission.
- We respect others by allowing them to keep their body parts private.
- Some forms of touch are appropriate like hugs, tickiling and kisses but it is important to know the difference between what is appropriate and what is inappropriate.
- You have the right to say 'no' to unwanted touch.
- Secrets are not the same as surprises. If a secret upsets you, you should tell an adult you trust.
- If you ever feel uncomfortable or unsure about something, even with an adult you know well, you should tell an adult you trust.

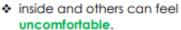
	Key Words			
kind	unkind	behaviour	respect	
rules	polite	sharing	solution	
choices	secrets	compliment	conflict	
taking turns	point of view	problem- solving	surprises	
teasing	bullying	relationships	family	
feelings	private	safe/unsafe	permission	
neighbourhood	community	multicultural	beliefs	

Feelings and Emotions

Key Facts







- Smiling can help us feel happier.
- Feeling happy to be ourselves is important.
- There are things we can do if we are feeling unhappy or cross.
- It is important to share our comfortable and uncomfortable thoughts and feelings with people
- We can tell how someone else is feeling by looking. at their face and body language.
- It is important to learn about our feelings and how we can cope with them.

Valuing Differences **Key Facts**

- All people in Britain are equal. They have the same rights and deserve to be treated with
- All people are in Britain are free to believe what they want and live their lives how they choose.
- A community is made of a place and the people who live and work in it.
- A neighbourhood is the area around where you live.
- Britain is a multicultural country. This means it has lots of different people with different backgrounds and beliefs.
- We are all different. That's what makes us special.





HEALTH AND WELLBEING

Healthy Lifestyles Key Facts

- You need to have 5 portions of fruit and vegetables every day.
- The best drinks for children are water and milk.
- You need to brush your teeth twice a day.
- A relaxing bedtime routine can help you get a good night's sleep.
- 5 year olds need 10 to 13 hours' sleep.
- 6-7 year olds need 9 12 hours'
- sleep.
- Children need to exercise for 1 hour every day to stay healthy.
- Making a choice between healthy and unhealthy foods can change the way you feel.
- You are responsible for keeping yourself clean.
- Doctors, nurses, dentists, lunch supervisors and parents are people who can help you stay healthy.

Growing and changing Key Facts

- Change helps us grow and can bring great things to our lives.
- Change and loss can feel uncomfortable. That is OK.
- Goals are things we work towards to achieve.
- It is helpful to have goals for the future.
- People's hopes and ambitions for the future may be different.
- Aspirations are things we hope to achieve in the future.
- It is important to look back on our learning and be proud.
- We can all learn from our mistakes.
- You can attempt different challenges in different ways.
- Perseverence means not giving up.
- A positive learning attitude helps us learn from mistakes and improve.

Possible experiences

Visits from the school nurse and other professional e.g. police

Anti-bullying Week activities.

Life Bus

Visit to community garden/allotment

Key Words				
rules	rights	responsibility	choice	
consequence	personal	hygiene	restrictions	
safe	healthy	unhealthy	exercise	
Well-being	diet	sleep	body	
money	employed	wants	needs	
ambition	attitude	perseverence	future	

LIVING IN THE WIDER WORLD

Money and Work Key Facts

- People earn money when they have a job.
- When people have a job, they are employed.
- When people are employed, they are usually paid wages. This is the amount of money that is normally paid each month.
- We sometimes receive money as a gift.
- We need to make sure we look after our money very carefully.
- If you want to save a large amount of money, you can go to the bank. You can open a bank account to keep your money safe.
- In the UK, the money system we use is called pounds and pence. We use money that is either coins or notes.
- Or wants and needs change as we grow older.
 For example, we want a new toy, we want sweets but we need food, air, shelter, water and clothing.

Keeping Safe Key Facts

- Rules are guides for how to behave or act. We need rules to keep us safe.
- Rights are things that you need to live and that you can claim. Rights are different from things we want.
- Some things have age restrictions e.g. films.
- We need to follow the rules for keeping safe online.
- Most diseases are spread by touching other people's hands or by touching obj others have touched,
- About 3000 tiny droplets come out when we cough.
- Sneezes can travel at up to 200 miles per hour.
- 999 is the emergency number to call in the UK.