

<b>SUBJECT FOCUS:</b>	<b>PSHE</b>	<b>YEAR 1</b>	<b>WHOLE SCHOOL YEAR</b>
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**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 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, tickling 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**

- ❖ Some **feelings** feel **good**
- ❖ inside and others can feel **uncomfortable**.
- ❖ **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 **trust**.
- ❖ 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 **respect**.
- ❖ All people 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.
- ❖ Perseverance 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	perseverance	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.
- ❖ Our 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 objects 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.

