

Year 1 National Curriculum objectives: Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. It will branch into areas of RE, English and assembly themes whilst also being taught in isolation in order to provide specific and focussed objectives.

<p><u>Year 1 Areas of study:</u> Citizenship Economic Wellbeing Families and Relationships Health and Wellbeing Safety and the Changing Body Transition</p>	<p><u>Families and Relationships</u> Family. Skills - Exploring how families are different to each other. Knowledge - To understand that families look after us. To know some words to describe how people are related (eg. aunty, cousin). To know that some information about me and my family is personal. Friendships. Skills - Exploring how friendship problems can be overcome. Exploring friendly behaviours. Knowledge - To understand some characteristics of a positive friendship. To understand that friendships can have problems but that these can be overcome. Respectful Relationships. Skills - Recognising how other people show their feelings. Identifying ways we can care for others when they are sad. Exploring the ability to successfully work with different people. Knowledge - To know that it is called stereotyping when people think of things as being 'for boys' or 'for girls' only.</p>
<p><u>Health and Wellbeing</u> Health and Prevention. Skills - Learning how to wash my hands properly. Learning how to deal with an allergic reaction. To understand we can limit the spread of germs by having good hand hygiene. Knowledge - To know the five S's for sun safety: slip, slop, slap, shade, sunglasses. To know that certain foods and other things can cause allergic reactions in some people. Physical Health and Wellbeing. Skills - Exploring positive sleep habits. Exploring two different methods of relaxation: progressive muscle relaxation and laughter. Exploring health-related jobs and people who help look after our health. Knowledge - To know that sleep helps my body to repair itself, to grow and restores my energy. Exploring some of the benefits of exercise on body and mind. Exploring some of the benefits of a healthy balanced diet. Suggesting how to improve an unbalanced meal. Mental Wellbeing. Skills - Identifying personal strengths and qualities. Identifying different ways to manage feelings. Knowledge - To know that strengths are things we are good at. To know that qualities describe what we are like. To know the words to describe some positive and negative emotions.</p>	<p><u>Safety and the Changing Body</u> Being Safe (including online) Skills - Practising what to do if I get lost. Identifying hazards that may be found at home. Understanding people's roles within the local community that help keep us safe. Knowledge - To know that some types of physical contact are never appropriate. To know what to do if I get lost. To know that a hazard is something which could cause an accident or injury. Drugs. Skills - Learning what is and is not safe to put in or on our bodies. Knowledge - To know that some things are unsafe to put onto or into my body and to ask an adult if I am not sure. Basic First Aid. Skills - Practising making an emergency phone call. Knowledge - To know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened. To know that the emergency services are the police, fire service and the ambulance service.</p>
<p><u>Citizenship</u> Skills - Recognising why rules are necessary. Discussing how to meet the needs of different pets. Exploring the differences between people. Recognising the groups that we belong to. Knowledge - To know the rules in school. To know that different pets have different needs. To understand the needs of younger children and that these change over time. To know that voting is a fair way to make a decision. To understand that people are all different. Transition - Recognising our own strengths. To understand that changes can be both positive and negative.</p>	<p><u>Economic Wellbeing</u> Skills - Discussing how to keep money safe. Discussing what to do if we find money. Exploring choices people make about money. Developing an understanding of how banks work. To know that coins and notes have different values. Knowledge - To know some of the ways children may receive money. To know that it is wrong to steal money. To know that banks are places where we can store our money. To know some jobs in school. To know that different jobs need different skills.</p>

