



**PHSE& RSHE : Year 1**

*What are the aims and intentions of this curriculum?*

That children:

- Explore how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, people show feelings differently and that stereotyping is unfair
- Explore personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, identifying and dealing with allergic reactions, people in the community who keep us healthy
- Learn how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe
- Learn about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy
- Learn about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some of jobs roles in schools
- Are prepared for the transition to a new year and the changes that come with it

Term	Topic	Knowledge & Skills	Vocabulary
Autumn	<b>Family and relationships</b>	<ul style="list-style-type: none"> <li>• To understand that families look after us</li> <li>• Explore how families are different to each other.</li> <li>• To begin to understand the importance and characteristics of positive friendships</li> <li>• To begin to understand how friendships can make us feel</li> <li>• To begin to understand that friendships can have problems but we can overcome them</li> <li>• To begin to understand that being friendly to others makes them feel welcome and included</li> <li>• Explore how friendship problems can be overcome.</li> <li>• Explore friendly behaviours.</li> <li>• To recognise how others, show feelings and how to respond</li> <li>• Recognise how other people show their feelings.</li> <li>• Identify ways we can care for others when they are sad</li> <li>• To begin to understand what is meant by a stereotype</li> <li>• Explore the ability to successfully work with different people.</li> </ul>	Family, Relation, Mum (Mam), Dad, Parent, Brother, Sister, Grandad, Grandma, Grandparent, Uncle, Aunty, Cousin, (Include any other words which you know are relevant to children in the class) Friend, Kind, Trust, Generous, Share, Listen, Fun, Helpful, Truth Feeling, Sad, Worried, Help, Care, Listen, Challenge, Co-operate, Work together, Team, Friend, Falling out, Problem, Solution, Friendly, Friendly, Feeling, Welcome, Included



PHSE & RSHE Curriculum: Year 1

			Stereotype, Favourite, Boy, Girl
Autumn/Spring	<b>Health and Well-Being</b>	<ul style="list-style-type: none"> <li>• To describe and understand their feelings</li> <li>• Identify different ways to manage feelings and develop simple strategies to manage them.</li> <li>• To recognise and celebrate their strengths and set simple but challenging goals</li> <li>• Identify personal strengths and qualities.</li> <li>• To understand the benefits of physical activity and rest</li> <li>• Explore positive sleep habits.</li> <li>• To know how to relax in different ways</li> <li>• To begin to understand the risks associated with the sun</li> <li>• To begin to understand allergies</li> <li>• Learn how to deal with an allergic reaction.</li> <li>• To understand that there are people in the local community who help to keep us healthy</li> <li>• Explore health-related jobs and people who help look after our health.</li> <li>• Learn how to wash my hands properly.</li> </ul>	Feeling, Emotion, Help, Happy, Sad, Angry, Worried, Skill, Qualities, Strengths, Better, Sleep, Rest, Routine, Relaxation, Dirt, Hands, Germs, Wash, Soap, Water, Scrub, Clean Sun, Safe, Burn, Slip, Slop, Slap, Hat, Sunscreen, Sunglasses, Allergy, Allergen, Food allergy, Allergic reaction, Paramedic, Job, Help, Healthy, Doctor, Nurse, Optician, Dentist
Spring	Safety and the changing body	<ul style="list-style-type: none"> <li>• To know how to respond to adults in a safe and familiar context.</li> <li>• To understand how to respond to adults in a range of situations.</li> <li>• To understand what to do if you get lost.</li> <li>• To know what an emergency is and how to make a phone call if needed.</li> <li>• To begin to understand the difference between acceptable and unacceptable physical</li> </ul>	adult ,job, manners, polite, visitor, adult, manners, stranger, worry, polite, hurt, lost, safe, adult, police, fire, ambulance, emergency, 999, physical,



PHSE & RSHE Curriculum: Year 1

		<p>contact.</p> <ul style="list-style-type: none"> <li>To begin to understand what is safe to put into or onto our bodies.</li> <li>To understand that there are dangers at home and how these can be avoided.</li> <li>To understand that there are people in the local community who help to keep us healthy</li> <li>Practise making an emergency phone call.</li> </ul>	<p>contact, like, dislike, kind, unkind, hurt, into, onto, adult, danger, ill, damage, medicine, Paramedic, Job, Help, Healthy, Doctor, Nurse, Optician, Dentist</p>
Spring/ Summer	<b>Citizenship</b>	<ul style="list-style-type: none"> <li>To know the rules in school and recognise why they are necessary.</li> <li>To know that different pets have different needs.</li> <li>To understand the needs of younger children and that these change over time.</li> <li>To understand that people are all different.</li> <li>Explore the differences between people.</li> <li>Recognise the groups that we belong to.</li> <li>To know that voting is a fair way to make a decision.</li> </ul>	<p>Care, Democracy, Different, Fair, Pet, Responsibility, Rule, Similar, Unique, Vote</p>
Summer	<b>Economic Well-Being</b>	<ul style="list-style-type: none"> <li>To know that coins and notes have different values.</li> <li>To know some of the ways children may receive money.</li> <li>To know that it is wrong to steal money.</li> <li>To know that banks are places where we can store our money.</li> <li>Discuss how to keep money safe.</li> <li>Discuss what to do if we find money.</li> <li>Explore choices people make about money.</li> <li>To know some jobs in school.</li> <li>To know that different jobs need different skills.</li> </ul>	<p>Bank, Bank account, Building society, Cash, Choice, Coins, Earn, Interest, Job, Money Money box, Notes, Pocket money, Purse, Safe, Save, Skill, Spend, Value, Wallet</p>
Summer	<b>Transition</b>	<p>To understand their own strengths and to prepare for their move to a new class</p>	<p>Strengths, skills, move</p>



PHSE & RSHE Curriculum: Year 1