

Year 1 - Progression of Knowledge and Skills PSHE

Term	Knowledge	Skills
Autumn 1 Topic: Me and My Relationships	<ul style="list-style-type: none"> • that classroom rules help everyone learn and keep safe. • And can explain how our emotions can give a physical reaction to our body. • that people's feelings and bodies can be hurt. 	<ul style="list-style-type: none"> • talk about my classroom rules. • identify different emotions. • suggest ways of dealing with different kinds of hurt.
Autumn 2 Topic: Valuing Difference	<ul style="list-style-type: none"> • similarities and differences between people. • the difference between unkind, teasing and bullying. • what is fair and unfair, kind and unkind. 	<ul style="list-style-type: none"> • Talk about the people who are special to me. • Talk about what I think is fair.
Spring 1 Topic: Keeping Safe	<ul style="list-style-type: none"> • the importance of sleep in maintaining a healthy, balanced lifestyle. • who can help me if I feel unsafe. • ways to stay safe online. • that medicines can sometimes make people feel better when I am ill. 	<ul style="list-style-type: none"> • talk about what to do if I feel unsafe. • discuss examples of how to keep myself healthy. • discuss when medicines can sometimes be harmful.
Spring 2 Topic: Rights and Respect	<ul style="list-style-type: none"> • how a person's behaviour can affect other people. • who cares for and looks after the school environment. • the importance of looking after things that belong to me or others. • where money comes from. 	<ul style="list-style-type: none"> • Discuss ways I can help to look after the school environment. • Talk about some of the things that money can be spent on.

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<p>Summer 1 Topic: Being my Best</p>	<ul style="list-style-type: none"> • the importance of fruit and vegetables in my daily diet. • the importance of regular hygiene routines. • how diseases can spread. • that learning a new skill requires practice and the opportunity to fail. 	<ul style="list-style-type: none"> • Name healthy and unhealthy foods. • Talk about my hygiene routine. • Give and receive positive feedback.
<p>Summer 2 Topic: Growing and Changing</p>	<ul style="list-style-type: none"> • that the body gets energy from food, water and air (oxygen). • that exercise and sleep are important parts of a healthy lifestyle. • the difference between a surprise and a secret. 	<ul style="list-style-type: none"> • Talk about things I could do as a baby, a toddler and now. • I can talk about people who I trust or who can help me.