



PSHE knowledge and skills - Year 1

Key Area	Knowledge	Skills
<p><u>Families and Relationships</u></p> <p>Family Friendships Respectful relationships Change and loss</p>	<ul style="list-style-type: none"> ● To understand that families look after us. ● To know some words to describe how people are related. ● To know that some information about me and my family is personal. ● To understand some characteristics of a positive friendship. ● To understand that friendships can have problems but these can be overcome. ● To know that is called stereotyping when people think of things as being for boys or girls only. 	<ul style="list-style-type: none"> ● Explore how families are different to each other. ● Explore how friendship problems can be overcome. ● Explore friendly behaviours. ● Recognise how other people show their feelings. ● Identify ways we can care for others when they are sad. ● Explore the ability to successfully work with different people.
<p><u>Health and wellbeing</u></p> <p>Health prevention Physical health and wellbeing Mental wellbeing</p>	<ul style="list-style-type: none"> ● To understand we can limit the spread of germs by having good hand hygiene. ● To know the five S;s for sun safety. ● To know that certain foods and other things can cause allergic reactions in some people. ● To know that sleep helps my body to repair itself, to grow and restore my energy. ● To know that strengths are things we are good at. ● To know that qualities describe what we are like. ● To know words describe some positive and negative emotions. 	<ul style="list-style-type: none"> ● Learn how to wash my hands properly. ● Learn how to deal with an allergic reaction. ● Explore positive sleep habits. ● Explore two different methods of relaxations: progressive muscle relaxations and laughter. ● Explore health-related jobs and people who help us look after our health. ● Identify personal strengths and qualities.

		<ul style="list-style-type: none"> ● Identify different ways to manage feelings.
<p><u>Safety and the changing body</u></p> <p>Being safe (including online) Drugs, alcohol and tobacco The changing adolescent body Basic first aid</p>	<ul style="list-style-type: none"> ● 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 accident or injury. ● To know that some things are unsafe to put into my body and to ask an adult if I am unsure. ● 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. 	<ul style="list-style-type: none"> ● Practise what to do if I get lost. ● Identify hazards that may be found at home. ● Understand people's roles within the local community that help keep us safe. ● Learn what is and is not safe to put in or on our bodies. ● Practise making an emergency phone call.
<p><u>Citizenship</u></p>	<ul style="list-style-type: none"> ● 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 and this is a good thing. 	<ul style="list-style-type: none"> ● Recognise why rules are necessary and the consequences of not following rules. ● Discuss how to meet the needs of pets. ● Explore the differences between people ● Recognise the groups that we belong to.
<p><u>Economic wellbeing</u></p>	<ul style="list-style-type: none"> ● To know that people use money to buy things, including things they need and things they want. ● To know that coins and notes are types of money and have different values. ● To know that notes are higher in value than coins. ● To know that it is wrong to steal money. 	<ul style="list-style-type: none"> ● Explore how money is used by people. ● Discuss how to keep money safe and what to do if we find money. ● Explore choices people make about money. ● Develop an understanding of how banks work.

- To know that money is valuable and needs to be looked after.
- To know that money should be stored in a safe place to keep it secure and should not be displayed in public places. To know that they should not show or give money to strangers.
- To know that they can ask adults they know and trust about money and where to store it safely.
- To know that banks are places where we can store our money.
- To know adults have jobs to help others and to earn money

- Listen to descriptions of professions and think about what questions they could ask people about their job.
- Describe what different people do in their jobs.