Y1 PSHE – Being Me in My World

Essential Knowledge

Where do I feel safe and special and how do I reflect on my learning?
I know what makes me feel safe, happy and special. I can think about what I have learned and what I could improve.

What do I need to do to belong in my class?
I know that I am an important part of my class. I can help others feel included by being kind, respectful and friendly.

What makes my classroom a happy place to learn and can I make some rules?
I know that rules help everyone feel safe and ready to learn. I can help create and follow fair rules that make our classroom a happy place.

When do I feel proud and why?
I know that I can feel proud when I try my best, achieve something or make progress. I can recognise and celebrate my own achievements and those of others.

What are the choices I make and how do they lead to different consequences?
I know that my choices can have different consequences for myself and others. I can stop, think and make positive choices.

What are my rights and responsibilities in our Learning Charter?
I know that everyone has the right to feel safe, respected and included. I understand that I have responsibilities to help myself and others learn and feel safe.

Key Vocabulary

achievement	something you have worked hard to do or learn
belong	to feel that you are part of a group and that you are welcome
choice	something you decide to do
consequences	what happens because of something you have done or a choice you have made
responsibilities	things you should do to help yourself and others
rights	things that everyone should have or be able to do, such as being safe and treated kindly
valued	knowing that you are important and that people care about you and what you think

Aspirational Knowledge

I understand that I am a valued member of my school community. I know that my choices, actions and words affect myself and others. I know that I can help make my school a safe, respectful and welcoming place for everyone.

Y1 PSHE – Being Me in My World

Key Knowledge

Where in school do I feel safe and special?
I know the places and people in school that help me feel safe and happy. I know who I can talk to if I need help.

How do I know I belong?
I know I belong when people are kind, include me and listen to me. I can be kind and include others.

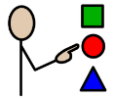
What are the rules to be a happy learner?
I know that rules help us to be safe, kind and ready to learn. I can follow simple rules and listen to others.

When do I feel proud?
I feel proud when I try my best, learn something new or achieve something. I can be proud of myself and others.

How do my actions affect how I feel?
I know that what I do can affect how I feel and how others feel. Kind and helpful actions can make people feel happy and safe.

How do I make good choices?
I know that I can stop, think and choose what to do. Good choices help to keep me and others safe and happy

Key Vocabulary

achievement		something I did well
belong		to be part of a group
choice		Something I decide to do
consequences		what happens next
responsibilities		things I need to do
rights		things everyone should have



Y1 PSHE – Celebrating Difference

Essential Knowledge

What similarities do I share with my friends?
We can be the same as our friends in some ways. We might enjoy the same games, foods, books, activities or subjects. We may have things about our lives or appearance that are similar.

What makes me special and different from my friends?
I can also be different from my friends, and that is okay. We don't have to like or do the same things to be friends. Everyone is unique, even when we have similarities with other people. Our similarities and differences should be respected and celebrated.

What is bullying and how might it make someone feel?
Bullying can hurt people's feelings and make them feel sad, worried, scared or left out. I should tell a trusted adult if I am worried about bullying.

How can I get help if I am being bullied and help someone else who is being bullied?
If I feel sad, worried or I am being bullied, I can tell a trusted adult who can help me.

How can I make new friends and how does it feel when I do?
I can make a new friend by being kind, talking to them, listening to them and asking them to join in.

What makes each of us unique and special?
I am unique. The things I like, can do and the things about me help to make me special.

Key Vocabulary

similarity	something that is the same or alike about two or more things
difference	when things are not the same
deliberate	when you do something on purpose
unfair	when something is not right or equal for everyone
included	when you are part of something and are not left out
unique	being different from everyone or everything else in a special way
bullying	when someone keeps being unkind or hurtful to another person on purpose

Aspirational Knowledge

Believing in yourself and keeping on trying can help you do hard things. Working with others and taking small steps can help people reach their goals. Achievements can make people feel proud and are worth celebrating.

Y1 PSHE – Celebrating Difference

Key Knowledge

How am I the same as my friends?
I know I can be the same as my friends in some ways.
We might like the same games, food or books.
We might look the same in some ways.

How am I different from my friends?
My friend and I can be different. We can like different things.
We can still be friends. We are all special.

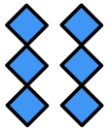
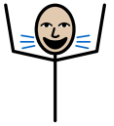
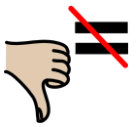
How does bullying make someone feel?
Bullying is unkind. It can make me feel sad or scared.
I can tell an adult.

Who can help me if I am sad or being bullied?
I can feel sad or worried. If someone is bullying me, I can tell an adult I trust. The adult can help me.

How can I make a new friend?
I can be kind. I can talk and listen to them. I can ask them to play with me.

What makes me special?
I know that I am I am special. There is only one me.
I have things I like. I have things I am good at.

Key Vocabulary

same		when things are exactly alike or match
different		when things are not the same
bullying		when someone keeps being unkind or hurtful to another person on purpose
special		something or someone that is important or different in a good way
celebrate		to do something special because something good or important has happened
unfair		when something is not right or does not feel equal

Y1 PSHE – Dreams and Goals

Essential Knowledge

How can I set a goal and be proud of what I do well?
Everyone has things they are proud of and things they are good at. People can improve their skills, learn new things and work towards goals.

How can I reach my goal and be proud of what I do well?
Perseverance means continuing to try, even when something is difficult. Working hard and not giving up can help people achieve their goals.

How do I work with a partner and feel proud of what we achieve?
Working with others helps people learn, play and achieve together in different places at school. Helping each other and being kind can make everyone feel happy and successful.

How can I have a go at a new challenge, and how might it make me feel?
Being brave means trying new things and facing challenges, even when they feel difficult. Trying new experiences helps people learn, grow and build confidence.

How can I overcome challenges and feel proud when I succeed?
People can overcome difficult feelings by staying calm, asking for help and keeping on trying. Completing a challenge can bring a sense of pride and achievement.

How can I celebrate my success and keep that proud feeling inside me?
Successes can be celebrated with friends, family and adults at school and at home. Sharing achievements with others helps people feel proud and valued.

Key Vocabulary

treasure	something special
coins	money made metal which may be a reward
stepping-stones	stones to cross to get to the next stage of something
stretchy	can pull to make longer
overcome	get past the problem
obstacle	thing blocking you
achieve	to do something well

Aspirational Knowledge

Keeping on trying can help people achieve their dreams and goals. Obstacles can be overcome by staying positive and asking for help. Every small step can bring people closer to achieving something special.

Y1 PSHE – Dreams and Goals

Key Knowledge
What am I good at? Everyone is good at different things. Knowing what you are good at can help you feel happy.
How can I reach my goal? Keeping on trying can help you reach your goal. Small steps can help you do something special.
How can I work with a partner? Sharing, listening and being kind help us work together. Working with a partner helps everyone learn.
How do I feel when I try something new? Trying new things helps people learn and grow. Being brave means having a go, even when something feels tricky.
What can I do when something feels difficult? Keeping on trying and asking for help can help people reach their goals.
How do I feel when I do something hard? Doing something difficult and not giving up can help people feel proud of themselves.

Key Vocabulary		
proud		happy with myself
teamwork		working together nicely
celebrate		enjoy something special
challenge		something that is tricky
feelings		how we feel
overcome		get past problems

Y1 PSHE – Healthy Me

Essential Knowledge

What can I do to stay healthy and feel proud of my healthy choices?
Healthy choices can help people keep their bodies and minds healthy. Eating different foods, drinking water, being active, getting enough sleep and keeping clean all help people stay well and ready to learn.

What healthy choices can I make to look after myself and feel proud?
Choosing healthy foods, drinking water, exercising, getting enough sleep and rest, and keeping clean all help people stay healthy. Looking after the body helps people feel well, grow and be ready to learn.

How can I keep myself safe, clean and healthy?
Washing hands and keeping clean help people stay healthy. Brushing teeth, being active and eating healthy foods help the body grow and stay strong.

What can I do when I feel poorly, and how can medicines help me safely?
Sometimes people feel poorly and need rest and care to help them get better. If someone feels poorly, they should tell a trusted adult. Medicines can help people feel better when they are unwell.

How do I keep safe when crossing the road and get help when I need it?
Roads can be dangerous, so it is important to stay safe near traffic. Holding a trusted adult's hand, using safe places to cross, and stopping, looking and listening before crossing can help keep people safe.

How can I look after my amazing body and feel happy and healthy?
Our bodies are amazing and help us do lots of things every day. Eating healthy foods, being active, keeping clean and telling an adult when something does not feel right can help us stay healthy and happy.

Key Vocabulary

unhealthy	something that is not good for our body or mind.
balanced	having the right number of different things to help us stay healthy
exercise	moving our bodies to help us stay fit, strong and healthy
clean	free from dirt and germs that could make us poorly
safe	being protected from danger or harm
hygienic	keeping ourselves and things clean to help stop germs spreading
look, listen, wait	**look**: use your eyes to check for traffic **listen**: use your ears to hear if traffic is coming **wait**: stay where you are until it is safe to cross

Aspirational Knowledge

Healthy, clean and safe choices help people look after their bodies and minds. Making good choices, understanding risks and asking a trusted adult for help when needed can help people stay healthy, safe and ready to learn.

Y1 PSHE – Healthy Me

Key Knowledge

How can I keep healthy?
🍎 **Eat** – I eat different foods.
💧 **Drink** – I drink water.
🤸 **Move** – I move my body.
😴 **Rest** – I sleep and rest.

How can I make healthy choices?
Eat well. 🍎
Drink water. 💧
Move my body. 🤸
Sleep and rest. 😴
Keep clean.

How can I look after myself?
I can **wash myself and brush my teeth** to keep clean.
I can do things that help me **feel happy and calm**.
I can **tell a trusted adult** if I am worried, hurt or poorly.

What can I do when I feel poorly?
🤒 Feel poorly → Tell an adult
😴 Rest → Give my body a break
💊 Medicine → Only take it with a trusted adult

How do I keep safe when crossing the road?
✋ STOP 👀 LOOK 👂 LISTEN ⏳ WAIT 🚶 WALK

How can I keep my body healthy and happy?
🍎 Eat 💧 Drink 🤸 Move 😴 Rest 😊 Feel good 🗣️ Ask for help

Key Vocabulary

unhealthy		something that is not good for our body or mind
balanced		having the right number of different things to help us stay healthy
exercise		moving our bodies to help us stay fit, strong and healthy
clean		free from dirt and germs that could make us poorly
safe		being protected from danger or harm
hygienic		keeping ourselves and things clean to help stop germs spreading

Y1 PSHE – Relationships

Essential Knowledge

Who is in my family and why are they special to me?
Families can be different and still be special. They may be big or small and can be made up of different people. Pets can also be part of a family. Families are important because they love, care for and help one another.

What makes a good friend?
A good friend is kind and plays nicely with you. Friends help each other and make each other feel happy. Sometimes friends fall out, but they can talk, say sorry and be friends again. We can make new friends by being kind, sharing and helping others feel welcome.

What type of physical contact is safe and kind?
We can say hello to our friends in different ways, such as waving or giving a high-five. Some touches feel nice and some do not. It is okay to say yes to touch we like and no to touch we do not like. If a touch makes us feel worried, upset or uncomfortable, we should tell a trusted adult.

Who can help me at school, and how can I ask for help?
People in school can help us, like teachers and other adults. If we are worried, hurt or stuck, we can ask for help. If one person is busy, we can ask someone else.

What is special about me and how can I say good things about myself?
Everyone is special and has things they are good at. We can feel proud of ourselves and celebrate our successes. If we feel sad or worried, talking to someone can help.

Who is special to me and why do I like them?
People who are special to me help me feel loved, happy and safe. They are kind, help me and spend time with me.

Key Vocabulary

family		the people who love and care for you at home
friend/ friendship		friendship means being a good friend to others
belong		to feel happy, safe, and part of a group
kind		being friendly, caring, and helpful to others
feelings		how we feel inside, such as happy, sad or worried
touch		using our hands on someone's body
help		when someone supports you or makes things easier for you
proud		feeling happy about something you have done or who you are

Aspirational Knowledge

I can notice how other people behave and how it makes me feel. I can say which behaviours I like and do not like and explain why. This helps me be a kind friend to others.

Y1 PSHE – Relationships

Key Knowledge
Who is in my family and who do I love? My family is made of people (and sometimes pets) who love me, care for me and help me.
What makes a good friend? A good friend is kind, plays nicely and helps me feel happy.
Which ways can I touch my friends? Safe and kind touch is touch I like and I can say no to touch I don't like and tell an adult.
Who can help me? Adults at school can help me.
What is good about me? I can feel proud and say kind things about myself.
Who is special to me? Someone is special to me because they are kind, help me and make me feel safe and happy.

Key Vocabulary		
family		they help you and love you
friend		people we play with
belong		to feel part of a group
kind		being nice to others
feelings		how we feel inside
touch		when someone uses their hands on you
help		they make things easier for you
proud		feeling happy about yourself

Y1 PSHE – Changing Me

Essential Knowledge

How do animals grow and change?
Animals are born, grow and become adults. Adults can have babies and the life cycle starts again.

How do humans grow and change and what stays the same?
As I grow, some things change like my size. Some things stay the same, like who I am.

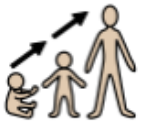
How has my body changed since I was a baby?
My body gets bigger and stronger as I grow. I can do more things by myself.

What are the correct names for private body parts?
Boys and girls have some different body parts. These are private and should be kept covered and respected.

How do we grow and change when we learn new things?
When we learn new things, our brains grow stronger. We can do things we couldn't do before, like reading, writing and solving problems. We become more confident and can share our ideas with others.

What changes have happened in my life?
My life changes as I grow, like when I started school. I may learn new things and make new friends as I grow and change.

Key Vocabulary

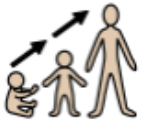
change		when something becomes different
grow		to get bigger and develop
feelings		the emotions we have, like happy, sad or worried
life cycle		the way a living thing is born, grows and becomes an adult

Aspirational Knowledge

Private body parts are special and should be kept private. We use the correct names for these body parts. It is important to know that we can talk to trusted adults (such as doctors or parents) about our bodies if we need help. Sometimes we may feel worried or unsure about changes in our lives. Talking to a trusted adult can help us feel supported and find ways to manage our feelings.

Y1 PSHE – Changing Me

Key Knowledge
How do animals grow and change? Animals are born, grow and become adults. Adults can have babies and the life cycle starts again.
How do we change as we grow? As I grow, some things change like my size. Some things stay the same, like who I am.
How am I different now that I am older? My body gets bigger and stronger as I grow. I can do more things by myself.
What do we call private parts of our bodies? Boys and girls have some different body parts. These are private and should be kept covered.
How do we grow and change when we learn new things? When we learn new things, our brains grow stronger. We can do things we could not do before, like reading and writing.
How has my life changed? My life changes as I grow, like when I started school. I may learn new things and make new friends as I grow and change.

Key Vocabulary		
change		when something becomes different
grow		to get bigger and develop
feelings		the emotions we have, like happy, sad or worried
life cycle		the way a living thing is born, grows and becomes an adult

