

PSHE Progression of skills - Year 1

Health and Well-being	Relationships	Living in the wider world
<p>To learn what being healthy means and who helps help them to stay healthy.</p> <p>To learn that things people put into or onto their bodies can affect how they feel.</p> <p>To learn how medicines can help people stay healthy.</p> <p>To learn why hygiene is important and how simple hygiene routines can stop germs from being passed on.</p> <p>To learn what they can do to take care of themselves daily, e.g. brushing teeth and hair, hand washing.</p> <p>To learn that people have different roles in the community to help them.</p> <p>To learn who can help them in different places and situations and respond safely to adults they don't know.</p> <p>To know what to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard</p> <p>To know how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say</p>	<p>To know what they like/dislike and are good at.</p> <p>To know what makes them special and how everyone has different strengths.</p> <p>To learn how their personal features or qualities are unique to them.</p> <p>To learn how they are similar or different to others, and what they have in common.</p> <p>To use the correct names for the main parts of the body and that parts of bodies covered with underwear are private.</p> <p>To learn that family is one of the groups they belong to, as well as, for example, school, friends, clubs.</p> <p>To learn about the different people in their family / those that love and care for them,</p> <p>To learn what their family members, or people that are special to them, do to make them feel loved and cared for,</p> <p>To learn how families are all different but share common features - what is the same and different about them.</p> <p>To learn about different features of family life, including what families do / enjoy together.</p> <p>To learn that it is important to tell someone if something about their family makes them feel unhappy or worried.</p>	<p>To learn what money is - that money comes in different forms.</p> <p>To know how money is obtained.</p> <p>To learn how people, make choices about what to do with money, including spending and saving.</p> <p>To know the difference between needs and wants - that people may not always be able to have the things they want.</p> <p>To learn how to keep money safe and the different ways of doing this.</p> <p>To learn how kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively.</p> <p>To learn the responsibilities, they have in and out of the classroom.</p> <p>To learn how people and animals need to be looked after and cared for</p> <p>To learn what can harm the local and global environment; how they and others can help care for it</p> <p>To learn how people, grow and change and how people's needs change as they grow from young to old</p> <p>To learn how to manage change when moving to a new class/year group</p>