



Subject	PSHE
Year Group	Year One
Knowledge Essential facts (Directly correlating to NC document) Key vocabulary / technical terms	
<p><u>Children will know:</u></p> <p>Health and Wellbeing</p> <ul style="list-style-type: none"> To know how to prevent germs from spreading. To know what a healthy lifestyle is. To be able to say ways of keeping healthy. To know what they like and dislike. To know why personal hygiene is important. To be able to say ways to maintain their personal hygiene. To know that their decisions can have good and bad consequences. To be able to set simple goals. To be able to communicate feelings to others. To be able to name simple strategies for managing feelings. To be able to use simple strategies for managing behaviours. To know a range of words to describe a range of feelings <p>Living in the Wider World</p> <ul style="list-style-type: none"> To be able to understand that they belong to different groups. To be able to identify ways in which they are unique. To be able to identify how they can contribute to the life of the classroom and school. To be able to construct and explore the importance of rules. To be able to explore and understand that everyone has rights and responsibilities. To know what improves and harms their environments. <p>Relationships</p> <ul style="list-style-type: none"> To be able to recognise a range of feelings in ourselves and other people. To be able to recognise that their behaviour can affect others. To be able to listen to others and work cooperatively. To know that people's bodies can be hurt. To recognise when people are being unkind to them or others To know who to tell and what to say when people are being unkind to themselves or others. To be able to identify different types of teasing and bullying, to identify that these are wrong and unacceptable. To know strategies to resist teasing/ bullying if experienced or witnessed. To be able to share opinions on things that matter using discussions. To know and respect the differences and similarities between people. To be able to recognise what is fair/unfair, right/wrong, kind/unkind. To know our behaviour can affect others. To begin to offer constructive support to others. To know their special people (family, friends, carers) and how they should care for each other. 	