



**PSHE**

**St Joseph's infant school**

**Year 1**

**Key skills, knowledge and vocabulary**



Year 1			
Key Topics Year 1	Skills	Knowledge	Key Vocabulary
Family and Relationships	<p>Exploring how families are different to each other.</p> <p>Exploring how friendship problems can be overcome.</p> <p>Exploring friendly behaviours.</p> <p>Recognising how other people show their feelings.</p> <p>Identifying ways we can care for others when they are sad.</p> <p>Exploring the ability to successfully work with different people.</p>	<p>To understand that families look after us. To know some words to describe how people are related (eg. aunty, cousin).</p> <p>To know that some information about me and my family is personal.</p> <p>To understand some characteristics of a positive friendship.</p> <p>To understand that friendships can have problems but that these can be overcome.</p>	<p>Behaviour Care</p> <p>Emotions</p> <p>Growth mindset</p> <p>Feelings Friend</p> <p>Friendly</p> <p>Problem</p> <p>Stereotype</p>
Health and Wellbeing	<p>Learning how to wash my hands properly.</p> <p>Learning how to deal with an allergic reaction.</p> <p>Exploring positive sleep habits.</p> <p>Exploring two different methods of relaxation: progressive muscle relaxation and laughter. Exploring health-related jobs and people who help look after our health.</p> <p>Identifying personal strengths and qualities.</p> <p>Identifying different ways to manage feelings.</p>	<p>To understand we can limit the spread of germs by having good hand hygiene.</p> <p>To know the five S's for sun safety: slip, slop, slap, shade, sunglasses.</p> <p>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 restores my energy.</p> <p>To know that strengths are things we are good at.</p> <p>To know that qualities describe what we are like.</p> <p>To know the words to describe some positive and negative emotions.</p>	<p>Allergy</p> <p>Emotions</p> <p>Feelings</p> <p>Germs</p> <p>Ill (poorly)</p> <p>Qualities</p> <p>Relax</p>

<p>Economic Wellbeing</p>	<p>Recognising why rules are necessary.          Discussing how to meet the needs of different pets.          Exploring the differences between people.          Recognising the groups that we belong to.</p>	<p>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.</p>	<p>Banks          Building societies          Cash          Earn          Save          Skill          Spend          Value</p>
<p>Citizenship</p>	<p>Discussing how to keep money safe.          Discussing what to do if we find money.          Exploring choices people make about money.          Developing an understanding of how banks work.</p>	<p>To know that coins and notes have different values.          To know some of the ways children may receive money.          To know that it is wrong to steal money.          To know that banks are places where we can store our money.          To know some jobs in school.          To know that different jobs need different skills.</p>	<p>Care          Democracy          Different          Fair          Pet          Responsibility          Rule          Similar          Unique Vote</p>
<p>Safety and the Changing Body</p>	<p>Practising what to do if I get lost.          Identifying hazards that may be found at home.          Understanding people's roles within the local community that help keep us safe.          Learning what is and is not safe to put in or on our bodies.          Practising making an emergency phone call.</p>	<p>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 an accident or injury.          To know that some things are unsafe to put onto or into my body and to ask an adult if I am not sure. 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.</p>	<p>Accident          Drug          Emergency          Hazards          Medicine          Physical contact          Polite          Respect          Role          Trust</p>

