



Knowledge, Understand, Skills and Processes for:
Personal, Social, Health and Economic Education (PSHEE) & Citizenship

PSHEE & Citizenship coverage for **YEAR 1**

Me and My Relationships

WHEN was it taught? In WHAT way? WHO needs extra support?

Relationships and Sex Education:

- I know that there are different types of relationships; including families, friends and others; and I respect these differences
- I know that family and friends should care for each other and families can give love, security and stability
- I know when relationships (both online and offline) make me feel unhappy or unsafe and I am able to ask for help
- I know the names for the main body parts, including external genitalia, and why it is important to keep them private
- I understand what is meant by 'privacy'; my right to keep things 'private'; and the importance of respecting others' privacy (both online and offline)

Anti-Bullying:

- I know what being a good friend means and how friends should make us feel happy and secure (both online and offline)
- I can play and work cooperatively
- I am able to listen to other people and show them respect
- I can share appropriately
- I can recognise that my behaviour affects others (both online and offline)
- I know the difference between right and wrong, fair and unfair and kind and unkind (both online and offline)
- I can recognise there are different types of teasing (both online and offline)
- I know about change and loss and the associated feelings; including losing toys, pets or friends
- I know how to be nice to people (both online and offline)

Keeping Myself Safe

WHEN was it taught? In WHAT way? WHO needs extra support?

Drug (and Wider Risk Taking) Education:

- I know the role of medicines in promoting health, the reasons why people use them and the rules on safe use of medicines
- I know that some substances can help or harm the body, including household substances e.g. washing machine tablets
- I recognise the need for safety rules (home, road, fire, water, rail, school, online) and I can follow these rules
- I can name an adult in school who can help me; and I know there are people and services who can help us, including how to call 999 in an emergency
- I know I have a responsibility to keep myself and others safe; and when to say 'yes', 'no' and 'I'll tell'
- I know that I do not need to keep secrets (both online and offline)

Internet Safety:

- I know the internet has many benefits, but I know I need to balance my time spent online and offline
- I know that people you don't know are strangers, and this applies online as well as offline
- I know that when people ask me for private information, whether online and offline, I don't share it
- I understand that some websites, games and social media sites have age restrictions
- I know what to do if I see something I am unhappy with online

PSHEE & Citizenship coverage for YEAR 1	My Healthy Lifestyle	<i>WHEN was it taught? In WHAT way? WHO needs extra support?</i>
	Physical and Mental Wellbeing: - I know the importance of personal hygiene; and can wash my hands properly, regularly wash my body and brush my teeth twice a day - I understand what physical and mental wellbeing means and that all humans have it - I know how to keep my body healthy through being active, eating healthily, getting enough rest, dental health, sun protection and looking after my mental wellbeing - I can recognise what I like and dislike; how to make real, informed choices which improve my physical and mental wellbeing; and that these choices can have good and not so good consequences Emotional Health and Resilience: - I can talk about my emotions and recognise them in others - I know what makes me happy - I understand what being resilient means to me and I have strategies I can use - I know some of the reasons why change can feel uncomfortable and I know some of the ways of dealing with the feelings that sometimes arise from changes	
	Me and My Future	<i>WHEN was it taught? In WHAT way? WHO needs extra support?</i>
	Personal Finance: - I can recognise the coins and notes we use - I can choose the correct value of coins and calculate change - I know that we must pay for what we buy - I know how to keep money safe - I know that I don't have to spend my money, but can save it to use later Careers and Enterprise: - I can set myself simple goals - I can identify positive things about myself and recognise and celebrate my strengths - I can say what I enjoy about school and things I do outside of school - I can describe the work that people do in my family, my school and where I live Transition: - I can identify positive achievements during my time in Year 1 - I can identify my strengths, areas for improvement and set myself some goals for Year 2 - I can explain what I am worried about and what I am looking forward to in Year 2 - I know what to expect when I start Year 2	
	Becoming an Active Citizen	<i>WHEN was it taught? In WHAT way? WHO needs extra support?</i>
	Citizenship Education: - I can express a simple opinion, agreement and disagreement - I can respectfully ask questions and listen to the answers - I play a full part in the life of my classroom - I can agree and follow rules for my group and classroom - I understand the role of the school council and am able to vote for its members	