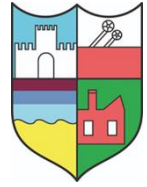


# PSHE

## Curriculum End Points

### Year One

#### Topic: Family and Relationships



- Understand that families can include a range of people.
- Understand who their friends are and what people like to do with friends.
- Describe what people might look like if they are feeling: angry, scared, upset or worried.
- Identify ways of responding to this by either offering help or giving them space.
- Understand the skills needed to work together in a group.
- Understand that friendships can have problems and learn ways to overcome these problems.
- Understand how the actions of others can affect people.
- Explain what a stereotype is



PSHE

Key Vocabulary

Year One

Topic: Family and Relationships

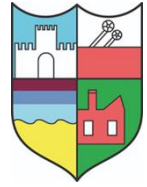
- behaviour
- care
- emotions
- family
- feelings
- friend
- friendly
- problem
- stereotype

# PSHE

## Curriculum End Points

### Year One

#### Topic: Health and Wellbeing



- Describe how they feel using appropriate vocabulary, recognising what different emotions might look/feel like.
- Describe their own qualities and strengths and recognise something they want to get better at.
- Describe their bedtime routine, explaining why sleep is important.
- Explain how rest and relaxation affects our bodies, including mental functions.
- Know how to wash their hands properly and understand that germs can spread via hands.
- Know the three things they need to do when out in the sun to keep safe.
- Know people can be allergic to certain things and how to help with an allergic reaction.
- Understand that there are a range of people who help to keep us healthy.



PSHE

Key Vocabulary

Year One

Topic: Health and Wellbeing

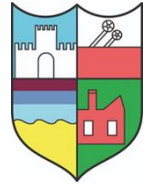
- allergy
- emotions
- feelings
- germs
- ill (poorly)
- qualities
- relax

# PSHE

## Curriculum End Points

### Year One

#### Topic: Safety and the changing body



- Know a number of adults in school.
- Know that they should speak to an adult if they are ever worried or feel uncomfortable about another adult.
- Understand ways to keep safe and not get lost and know the steps to take if they do get lost.
- Know the number for the emergency services and their own address.
- Understand that some types of physical contact are never acceptable.
- Know what can go into or onto the body and when they should check with an adult.
- Understand that there are hazards in houses and know how to avoid them.
- Understand and name jobs that people do to help keep us safe.

PSHE



Vocabulary

Year One

Topic: Safety and the changing body

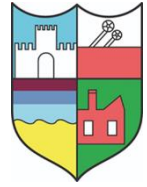
- accident
- drugs
- emergency
- hazards
- medicine
- physical contact
- polite
- respect
- role
- trust

# PSHE

## Curriculum End Points

### Year One

#### Topic: Citizenship



- Explain why the class and school rules are important.
- Discuss the different needs of a range of pets.
- Describe some of the needs of babies and young children.
- Recognise some similarities and differences between themselves and others.
- Identify some groups which they belong to.
- Recognise that different individuals belong to different groups.
- Explain why voting is a fair way to make a decision involving a lot of people

PSHE

Vocabulary

Year One

Topic: Citizenship



- care
- democracy
- different
- fair
- pet
- responsibility
- rule
- similar
- unique
- vote

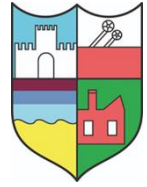


# PSHE

## Curriculum End Points

### Year One

#### Topic: Economic Wellbeing



- Explain how children might get money.
- Explain some different ways to keep money safe.
- Discuss the role of banks and building societies.
- Recognise that people may make different choices about spending or saving.
- Explain that a range of jobs exist in school and that different skills are needed for these jobs.

# PSHE

## Key Vocabulary

### Year One

#### Topic: Economic Wellbeing

- bank
- cash
- earn
- job
- money
- notes
- pocket money
- safe
- save
- skill
- spend
- value