

Year 1 PSHE/RSE Curriculum



Autumn	Families and Relationships	Citizenship
Year 1	<ul style="list-style-type: none"> - To know some words to describe how people are related (e.g. aunty, cousin, etc.) - To know that families look after us. - To understand some characteristics of a positive friendship. - To understand that friendships can have problems but that these can be overcome. - To know that it is called stereotyping when people think of things as being 'for boys' or 'for girls' only. 	<ul style="list-style-type: none"> - To know the names of the British Values; Democracy, Rule of Law - Individual Liberty, Mutual Respect and Tolerance. - To know the rules in school. - To say why rules are important. - Understand that voting is a fair way to make a decision. - To understand that people are all different.
Spring	Health and Wellbeing	Safety and the changing body
Year 1	<ul style="list-style-type: none"> - To understand, we can limit the spread of germs by having good hand hygiene. - To know the five S's for sun safety: slip, slop, slap, shade, sunglasses. - 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. 	<ul style="list-style-type: none"> - To know that some types of physical contact are never appropriate. - Explain what to do if I get lost. - To know that a hazard is something which could cause an accident or injury. - Know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened. - Explain that emergency services are the police, fire service and the ambulance service. - NSPCC PANTS lesson.
Summer	Careers	Economic Wellbeing
Year 1	<ul style="list-style-type: none"> - Know that everyone has different strengths. - To be able to name a strength that I have. - Understand that jobs help people to earn money to pay for things. - Name the jobs of people who help us. - Name and explain different jobs of some people in the community (Careers week) 	<ul style="list-style-type: none"> - Explain why people use money and its role in our lives. - Explain the value of coins and notes. - Understand that it is wrong to steal money. - Understand money is valuable and needs to be taken care of to avoid losing or damaging it. - Know that banks are places where we can store our money.