

Waterville Primary School Progression of Skills in PSHE

Year 1	Intent This curriculum overview provides the importance of Personal, Social and Health Education (PSHE) help given to pupils to attain knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens. Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities. In doing so they learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral and cultural issues that are part of growing up. Pupils also find out about the main political and social institutions that affect and about their responsibilities, rights and duties as individuals and members of communities. They learn to understand and respect our common humanity, diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life learning.	
Key Vocabulary Mindset, positive, negative, joking, teasing, bullying, considerate, conflict, consequences.	Key Vocabulary Britain, United Kingdom, neighbourhood, environment, harm, responsibility, diverse, possessions, necessity, budget, record, receipt, save, job, gender, resilience, attributes, communication, ambition, future, learn, achieve, goal, training, progress, routine.	Key Vocabulary Confidence, disagree, strategies, opinions, thoughts, feelings, loss, change, emotional wellbeing, mental, body language, facial expressions, disease, hygiene, decision, choice, consequence, safe, medicine, cleaning, emergency, safe, unsafe, healthy, unhealthy, routine, sleep.
Relationships Autumn	Living in the Wider World Spring	Health & Wellbeing Summer
Families and friendships <ul style="list-style-type: none"> • People who care for them, e.g. parents, siblings, grandparents, relatives, friends, teachers. • The role these different people play in children’s lives and how they care for them. • What it means to be a family and how families are different, e.g. single parents, same-sex parents, etc. • The importance of telling someone — and how to tell them — if they are worried about something in their family. Safe Relationships <ul style="list-style-type: none"> • Situations when someone’s body or feelings might be hurt and whom to go to for help. • What it means to keep something private, including parts of the body that are private. • Identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches). • How to respond if being touched makes them feel uncomfortable or unsafe. • When it is important to ask for permission to touch others. • How to ask for and give/not give permission. Respecting ourselves and others <ul style="list-style-type: none"> • What kind and unkind behaviour mean in and out school. • How kind and unkind behaviour can make people feel. • What respect means. • Class rules, being polite to others, sharing and taking turns. 	Belonging to a community <ul style="list-style-type: none"> • Rules in different situations, e.g. class rules, rules at home, rules outside. • Different people have different needs. • How we care for people, animals and other living things in different ways. • How they can look after the environment, e.g. recycling. Media literacy and Digital resilience <ul style="list-style-type: none"> • How and why people use the internet. • Benefits of using the internet and digital devices. • How people find things out and communicate safely with others online. Money and Work <ul style="list-style-type: none"> • Everyone has different strengths, in and out of school. • How different strengths and interests are needed to do different jobs. • People whose job it is to help us in the community. • Different jobs and the work people do. 	Physical health and Mental wellbeing <ul style="list-style-type: none"> • What it means to be healthy and why it is important. • Ways to take care of themselves on a daily basis. • Basic hygiene routines, e.g. hand washing. • Healthy and unhealthy foods, including sugar intake. • Physical activity and how it keeps people healthy. • Different types of play, including balancing indoor, outdoor and screen-based play. • People who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors. • How to keep safe in the sun. Growing and changing <ul style="list-style-type: none"> • Recognise what makes them special and unique including their likes, dislikes and what they are good at. • How to manage and whom to tell when finding things difficult, or when things go wrong. • How they are the same and different to others. • Different kinds of feelings. • How to recognise feelings in themselves and others. • How feelings can affect how people behave. Keeping safe <ul style="list-style-type: none"> • How rules can help to keep us safe. • Why some things have age restrictions, e.g. TV and film, games, toys or play areas. • Basic rules for keeping safe online. • Whom to tell if they see something online that makes them feel unhappy, worried, or scared.