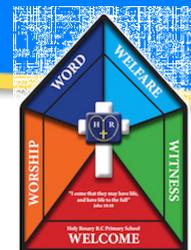


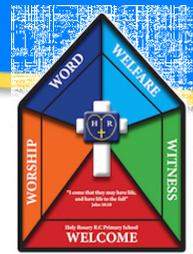
Key Stage 1 PSHE



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	Me and my relationships	Growing & Changing	Keeping myself safe	Rights and Responsibilities	Being my best	Valuing differences
Year 1	<ul style="list-style-type: none"> Name a variety of different feelings and explain how these might make me behave. Think of some different ways of dealing with 'not so good' feelings. Know when they need help and who to go to for help. Know some different classroom rules. 	<ul style="list-style-type: none"> Identify an adult I can talk to at both home and school. If I need help. Tell you some things I can do now that I couldn't do when I was a toddler. Tell you what some of my body parts do. 	<ul style="list-style-type: none"> Say what they can do if they have strong, but not so good feelings, to help them stay safe (e.g. sad - talk to someone). Give examples of how they keep themselves healthy. Say when medicines might be harmful. 	<ul style="list-style-type: none"> Give some examples of how they look after themselves and their environment - at school or at home. Say some ways that they look after money. 	<ul style="list-style-type: none"> Name a few different ideas of that they can do if they find something difficult. Say why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day. 	<ul style="list-style-type: none"> Say ways in which people are similar as well as different. Say why things sometimes seem unfair, even if they are not.
Year 2	<ul style="list-style-type: none"> Say some ways that they can get help, if they are being bullied and what they can do if someone teases them. Suggest rules that will help to keep them happy and friendly and what will help them keep to these rules. Tell you about some classroom rules we have made together. Give lots of ideas about being and making a good friend and say how they try to be a good friend. Express feelings in a safe, controlled way. 	<ul style="list-style-type: none"> Say who helps us grow (people who look after us) and what things they can now do themselves that they couldn't when they were younger. Give examples of how it feels when you have to say goodbye to someone or something (e.g. move house). Give examples of how to be supportive to someone. 	<ul style="list-style-type: none"> Give some examples of safe and unsafe secrets and think of safe people who can help if something feels wrong. Give other examples of touches that are ok or not ok (even if they haven't happened to them) and they can identify a safe person to tell if I felt 'not OK' about something. Explain medicines can be helpful or harmful, and say some examples of 	<ul style="list-style-type: none"> Give examples of when they've used cooperation and self regulation to help them when they are not settled. 	<ul style="list-style-type: none"> Name different parts of their body that are <i>inside</i> them and help to turn food into energy. To know what I need to get energy. Explain how setting a goal or goals will help them to achieve what they want to be able to do 	<ul style="list-style-type: none"> Say how they could help themselves if they were being left out. Give a few examples of good listening skills and explain why listening skills help to understand a different point of view.

Key Stage 1 PSHE



			how they can be used safely.			
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