

Year 1 PSHE Assessment

Relationships	Health and Wellbeing	Living in the Wider World
Autumn 1 What makes us special? Autumn 2 Acceptance and Bullying Spring 1 Who is special to us?	Spring 2 What helps us stay healthy? Summer 2 Who helps us keep safe?	How can we look after each other and the world?
<ul style="list-style-type: none"> • what they like/dislike and are good at • what makes them special and how everyone has different strengths • how their personal features or qualities are unique to them • how they are similar or different to others, and what they have in common • to use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private. • that bodies and feelings can be hurt by words and actions; that people can say hurtful things online • about how people may feel if they experience hurtful behaviour or bullying • that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; • how to report bullying; the importance of telling a trusted adult • about how to respond if physical contact makes them feel uncomfortable or unsafe • about knowing there are situations when they should ask for permission and also when their permission 	<ul style="list-style-type: none"> • what being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor) • that things people put into or onto their bodies can affect how they feel • how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy why hygiene is important and how simple hygiene routines can stop germs from being passed on • what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing that people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people • who can help them in different places and situations; how to attract someone’s attention or ask for help; what to say • how to respond safely to adults they don’t know • what to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard • how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say 	<ul style="list-style-type: none"> • how kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively • the responsibilities they have in and out of the classroom • how people and animals need to be looked after and cared for • how people grow and change and how people’s needs change as they grow from young to old • how to manage change when moving to a new class/year group

should be sought

- about what is kind and unkind behaviour, and how this can affect others
- about how to treat themselves and others with respect; how to be polite and courteous
- to recognise the ways in which they are the same and different to others
- how to listen to other people and play and work cooperatively
- to recognise the ways they are the same as, and different to, other people
- that family is one of the groups they belong to, as well as, for example, school, friends, clubs
- about the different people in their family / those that love and care for them
- what their family members, or people that are special to them, do to make them feel loved and cared for
- how families are all different but share common features – what is the same and different about them
- about different features of family life, including what families do/ enjoy together
- that it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried.