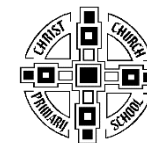




# PSHE Year 1 – Spring term



## Personal

We learn about our **feelings** and **emotions**, our **families**, our **behaviour** and its consequences.



## Social

We learn about **healthy friendships**, how to work and play with others and what it means to be part of a **community**.



## Health

**Health** – We learn about making **healthy choices** for both our **body** and **mind**. We learn about how to **be safe** at home, at school, in the wider world and **online**. We learn about how our **bodies change** as we grow.



## Economic

**Economic** – We learn about different types of **jobs** and how to earn and look after our **money**.



### Key vocabulary

- Rules
- Safe
- Learn
- Fair
- Needs
- Care
- Environment
- Recycling
- Online
- Internet
- Strengths
- community

### Living in the wider world

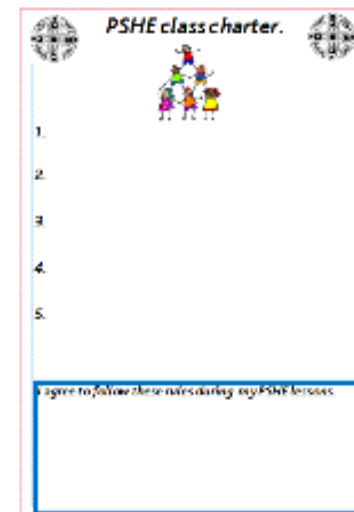
Belonging to a community – Media literacy and digital resilience – Money and work

### Useful Books

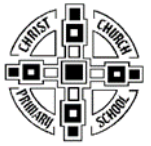
- Chicken Clicking – Jeanne Willis
- Once upon online – David Bedford
- Real Superheroes – DK
- People who help us – Police officers, Firefighters, Ambulance and Air Ambulance Crew – Nancy Dickman

### Useful Websites

- Plastic pollution <https://plprimarystars.com/resources/tackling-plastic-pollution>
- RSPCA – Compassion for animals <https://education.rspca.org.uk/education/teachers/primary/compassionateclass/resources/starteractivity>
- Child net – online safety <https://www.childnet.com/resources/digiduck-stories>



We have all created our own class charters to use during our PSHE lessons.



# Living in the wider world - Year 1

## Belonging to a community.

I know:

### Rules

Different **places** and situations have different **rules**:

- classroom
- home
- outside



Rules help to **keep us safe**.  
 Rules help us to **learn**.  
 Rules help to make things **fair**.

### Caring for others

**Different** people have different **needs**.

We **care** for:

- people
- animals
- other living things

in different ways.



### The environment

How to look after the environment by

- **recycling**
- plastic pollution
- not wasting water
- saving electricity



## Media literacy and digital resilience.

I know:

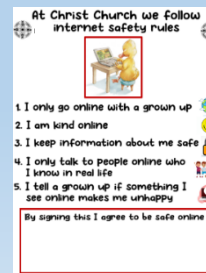


Going **on line** is the same as going on the **internet**.

We use the internet to:

- Find information
- Work
- Communicate
- Shop
- Play games
- Watch TV
- Listen to music

We use our Digi duck rules to keep us **safe** when we are online.



## Money and work.

I know:

We all have different **strengths**, in and out of school.

Different strengths and interests are needed to do different jobs.

People who help us in the **community**

- Police officers
- Nurses
- Doctors
- Firefighters
- Dentists
- Vets
- Teachers
- Hairdressers
- Shop workers

