

PSHE Year 1 – Summer 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

healthy/ unhealthy
hygiene
unique
feelings
behaviour
respect
safe/unsafe
rules
exercise
trust
rights
private

Health and well being

Physical health and mental wellbeing – Growing and changing – Keeping safe

Useful Books

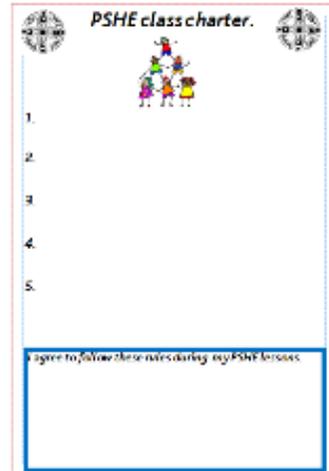
'The Colour Monster' - Anna Llenas Elmer the elephant – David Mckee
Rubys worry, Perfectly Norman, Ravi's Roar, Misha makes friends – Tom Percival

Book lists for PSHE

<https://www.lovereadings4schools.co.uk/genre/pse/Personal-Social-Health-Economic-/page/2>

Useful Websites

Think u know- online safety –animated clips <https://www.thinkuknow.co.uk/professionals/>
Child net – online safety - <https://www.childnet.com/resources/digiduck-stories>
Childline - <https://www.childline.org.uk/>



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



Health and Wellbeing - Year 1



Physical health and mental wellbeing

I keep healthy by:

- eating a balanced diet.



- keeping clean.



- following sun safety rules.



- doing exercise.



- playing games.



- sleeping.

- having screen free time.



- knowing who helps me to be healthy

- doctors
- nurses
- dentists
- teachers
- lunchtime supervisors



Growing and changing

I know:

- what makes me and others
 - special and unique
 - similar and different



- different feelings

- sadness -happiness
- excitement -anxiety
- fear -anger

- how feelings and emotions can affect how we behave.



- the similarities and differences between boys and girls.
- the main body parts that make boys and girls different.
- The words – penis, testicles and vagina



Keeping safe

I follow rules that keep me safe:

Age restrictions

- I use age restrictions, before I watch films and TV programmes.
- I use pegi ratings before I play video games.



Internet Safety

- I follow Digi Duck rules at school and at home.



Hazardous Products

- I know about the dangers of household products.
- I know about the dangers of medicines.

