

Welbeck Primary School
PSHE & RSHE Curriculum – September 2021



Year 1

Year 1 – Pupils are given the opportunity to learn:	Year 1 – ‘I can’ statements
<p>Families and people who care for me</p> <ul style="list-style-type: none"> about families and how they support children as they grow up (RE1, RE2) that their family is special and unique and may be similar or different to their friends (RE3) the range of people in their lives that support and care for them (RE4) 	<p>Families and people who care for me</p> <ul style="list-style-type: none"> I can explain why families are important and how they help children as they grow up (RE1, RE2) I can describe my own family and how it is similar and different to my friends (RE3) I can show respect for other people’s families (RE3) I can list the people in my life that support and care for me (RE4)
<p>Caring friendships</p> <ul style="list-style-type: none"> why friendships are important (RE7) the skills of how to make friends (RE8) 	<p>Caring friendships</p> <ul style="list-style-type: none"> I can state a range of reasons why friendships are important (RE7) I can demonstrate some of the skills needed to make friends and maintain friendships, including sharing, co-operative play, taking turns, permission seeking and giving and listening (RE8, RE19)
<p>Respectful relationships</p> <ul style="list-style-type: none"> about the many different relationships they have, for example those with family, friends, and teachers (RE13) about the many ways people may be similar and different to themselves (RE12) what respect is and how to show respect for and to others (RE12) demonstrate courtesy and use manners (RE14) about behaviours that do not show respect and may cause hurt to others (RE17) 	<p>Respectful relationships</p> <ul style="list-style-type: none"> I can describe what a relationship is and give some examples of the relationships I am involved in (RE13) I can describe the ways that I am similar and different to others (RE12) I know what respect is and can demonstrate it in the classroom (RE12) I can describe ways to show respect and things that show disrespect (RE12) I understand how disrespectful behaviour can hurt others (RE17) I can demonstrate courtesy and manners in school (RE14)
<p>Online relationships</p> <ul style="list-style-type: none"> basic rules for keeping safe online (RE22) 	<p>Online relationships</p> <ul style="list-style-type: none"> I can explain some safety rules for using the internet (RE22) I can demonstrate how to use the internet safely (RE22)
<p>Being safe</p> <ul style="list-style-type: none"> the names for the main body parts (including ‘private’ parts – e.g. nipples, penis, vagina, testicles) (RE27, RE31) understand why some parts of their body are ‘private’ and should not be touched by others unless there is a medical reason or a trusted adult is helping them with hygiene (RE26, RE27) about rules around touch (RE27) to name an adult they can go to if they are worried about anything (RE32) how to respond appropriately and safely to people 	<p>Being safe</p> <ul style="list-style-type: none"> I can use scientific names to describe private body parts (e.g. nipples, penis, vagina, testicles) (RE27, RE31) I can state which parts of my body are private (RE26, RE27) I understand that private parts should not be touched by others unless there is a medical reason or I have asked for help from a trusted grown-up with keeping clean (RE26, RE27) I understand that my body belongs to me and should not be touched by others without my

<p>they don't know (strangers) both on and offline (RE28)</p> <ul style="list-style-type: none"> the importance of safety rules and recognise that these vary in different settings 	<p>permission, unless I am causing harm to myself or others (RE27)</p> <ul style="list-style-type: none"> I understand that I cannot touch others without their permission (RE27) I can list people I can go to if I am worried about something (RE32) I can describe some safety rules for people I don't know (strangers) both on and offline (RE28) I can explain why it is important to have school and class rules I can follow rules consistently
<p>Mental wellbeing</p> <ul style="list-style-type: none"> know vocabulary to describe a range of feelings (HE2) how to recognise their own feelings and those of others (HE3) recognise the things that make them feel happy and positive (eg. physical activity, sleep, friends, hobbies, pets) (HE5, HE6) know when and how to seek support about their feelings (HE9) 	<p>Mental wellbeing</p> <ul style="list-style-type: none"> I can use a range of feeling words (HE2) I can describe a range of feelings (HE2) I can recognise and describe how I feel (HE3) I can describe things that make me feel happy and positive (HE5, HE6) I can list people who I can talk to if I need support with my feelings (HE9)
<p>Internet safety and harms</p> <ul style="list-style-type: none"> know some ways that the internet can be used to support learning in and out of school (HE11) ways to keep themselves safe online and to demonstrate some ways of reducing risk when playing games (HE13) 	<p>Internet safety and harms</p> <ul style="list-style-type: none"> I can describe some ways that the internet is positive and useful (HE11) I can explain and demonstrate some basic safety rules for using the internet including not sharing personal information (HE13)
<p>Physical health and fitness</p> <ul style="list-style-type: none"> about the different ways that they are active in a day and how this helps to keep their bodies and minds healthy (HE18, HE19) 	<p>Physical health and fitness</p> <ul style="list-style-type: none"> I can list a range of different activities that help to keep my body and mind healthy (HE18) I can recognise the times that I am physically active in my day (HE19)
<p>Healthy eating</p> <ul style="list-style-type: none"> about the range of fruits and vegetables and how they contribute to a healthy diet (HE22) awareness of a variety of healthy snack choices (HE22) 	<p>Healthy eating</p> <ul style="list-style-type: none"> I am able to name a range of fruits and vegetables (HE22) I can list a variety of healthy snacks (HE22) I can make a healthy food choice (HE23)
<p>Drugs, alcohol and tobacco</p> <ul style="list-style-type: none"> that some substances around the home are dangerous and can harm the body including household substances like dishwasher tablets (HE25) that medicines are drugs that help us to get better and basic safety rules (HE25) 	<p>Drugs, alcohol and tobacco</p> <ul style="list-style-type: none"> I understand why we have medicines and can describe safety rules for their use (HE25) I can identify substances in the household that may be helpful or harmful including household substances like dishwasher tablets (HE25)
<p>Health and prevention</p> <ul style="list-style-type: none"> the importance of teeth cleaning and a simple cleaning routine (HE29) the importance of hand washing and how to wash their hands well (HE30) that some germs can be spread through sneezing 	<p>Health and prevention</p> <ul style="list-style-type: none"> I can clean my teeth well and follow a teeth cleaning routine at home or at school (HE29) I know that germs can be spread through sneezing and coughing and can demonstrate how to prevent this by using tissues and washing my hands

and coughing and that we can prevent that by using tissues and washing hands (HE30)	(HE30) <ul style="list-style-type: none"> I can demonstrate how to wash my hands well (HE30)
Basic first aid <ul style="list-style-type: none"> to recognise when it is appropriate to get help from an adult if someone is hurt (HE33) to know a range of appropriate adults who they can approach for support (HE33) to understand the rules for making a call to emergency services and how to make one (HE32) 	Basic first aid <ul style="list-style-type: none"> I know when it is appropriate to get help from an adult if someone is hurt (HE33) I can list a range of adults I can approach for help and how to access them (HE33) I know how to make a phone call to emergency services and understand the rules for this (HE32)
Changing adolescent body N/A	Changing adolescent body N/A
Sex education N/A	Sex education N/A

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Becoming an active citizen <ul style="list-style-type: none"> How to express a simple opinion, agreement and disagreement How to ask questions and listen to the answers About how they can play a full part in the life of their classroom How to agree and follow rules for their group and classroom About the role of the school council and that they are able to vote for the members 	Becoming an active citizen <ul style="list-style-type: none"> I can express a simple opinion, agreement and disagreement I can ask questions and listen carefully to the answers I can play a full part in the life of their classroom I contribute to and follow rules for my group and classroom I can describe the role of the school council and now that I am able to vote for the members
Moving on <ul style="list-style-type: none"> Identify and celebrate positive achievements during their time in Year 1 Identify their strengths, areas for improvement and set themselves some goals for Year 2 Explain their feelings about moving to year 2, what they are worried about and what they are looking forward to What to expect when they start Year 2 	Moving on <ul style="list-style-type: none"> I can identify and celebrate positive achievements during my time in Year 1 I can identify my strengths, areas for improvement and set myself some goals for Year 2 I can explain my feelings about moving to year 2, what I am worried about and what I am looking forward to I know what to expect in Year 2
Finance <ul style="list-style-type: none"> Identify the different coins and notes we use that we have to pay for what we buy how to keep money safe that they don't have to spend their money but can save it to use later 	Finance <ul style="list-style-type: none"> I can identify and name the different coins and notes we use I now that we have to pay for what we buy I know how to keep money safe I know that I don't have to spend my money but can save it to use later