



























PSHE PROGRESSION IN SKILLS Y1 REQUIREMENTS



PERSONAL, SOCIAL, HEALTH AND ECONOMIC (PSHE) EDUCATION

AUTUMN 1	SPRING 1	SUMMER 1
<p><u>KEEPING SAFE & MANAGING RISK:</u></p> <p><u>FEELING SAFE</u></p> <p>L1. Pupils learn about safety in familiar situations</p> <ul style="list-style-type: none"> Pupils recognise the difference between 'real' and 'imaginary' dangers understand that there are situations when secrets should not be kept know to tell a trusted adult if they feel unsafe <p>L2. Pupils learn about personal safety</p> <ul style="list-style-type: none"> Pupils recognise the difference between good and bad touches understand there are parts of the body which are private know who they can go to, what to say or do if they feel unsafe or worried <p>L3. Pupils learn about people who help keep them safe outside the home</p> <ul style="list-style-type: none"> Pupils can identify situations where they might need help can identify people in the community who can help to keep them safe know how to ask for help if they need it <p><u>ROAD SAFETY TRAINING:</u></p> <p><u>PEDESTRIAN TRAINING</u></p> <p>Leeds City Council - Influencing Travel Behaviour</p>	<p><u>MENTAL HEALTH AND WELLBEING:</u></p> <p><u>FEELINGS</u></p> <p>L1. Pupils learn about different types of feelings</p> <ul style="list-style-type: none"> Pupils can name different feelings (including good and not-so-good feelings) recognise that people may feel differently about the same situation can identify how different emotions look and feel in the body <p>L2. Pupils learn about managing different feelings</p> <ul style="list-style-type: none"> Pupils recognise that some feelings can be stronger than others can describe some ways of managing different feelings know when to ask for help <p>L3. Pupils learn about change or loss and how this can feel</p> <ul style="list-style-type: none"> Pupils are able to give an example of when people might experience change or loss (for example, a lost toy, when a pet dies, moving home or school) can describe how people might feel when there is a change or loss recognise what they can do to help themselves or someone else who may be feeling unhappy 	<p><u>CAREERS, FINANCIAL CAPABILITY AND ECONOMIC WELLBEING: MY MONEY</u></p> <p>L1. Pupils learn about where money comes from and making choices when spending money</p> <ul style="list-style-type: none"> Pupils understand that people get money in different ways (earn, win, find, presents, pocket money, borrow, benefits) recognise that people make choices about what to buy understand that they may not always be able to have all the things they want <p>L2. Pupils learn about saving money and how to keep it safe</p> <ul style="list-style-type: none"> Pupils understand why people might want to save their money can say how it feels to save for something you really want recognise where money is stored to keep it safe and some places are safer than others <p>L3. Pupils learn about the different jobs people do</p> <ul style="list-style-type: none"> Pupils know that there are a range of jobs that people can do recognise that both men and women are able to do a range of jobs understand that having a job means people can earn money

		COOKING IN THE CURRICULUM SUMMER 1: COOKING AND NUTRITION: TOAST TOPPERS See separate skill documentation
AUTUMN 2	SPRING 2 (includes HEALTHY WEEK)	SUMMER 2
<u>IDENTITY, SOCIETY AND EQUALITY:</u> <u>ME AND OTHERS</u> L1. Pupils learn about what makes themselves and others special  Pupils can recognise some of the things that make them special  can describe ways they are similar and different to others  understand that everyone has something about them that makes them special L2. Pupils learn about roles and responsibilities at home and school  Pupils can identify the different roles of people at home and school  can solve simple dilemmas about taking responsibility  can explain why it is important to take responsibility at school and at home (including looking after the local environment) L3. Pupils learn about being co-operative with others  Pupils can recognise different types of helpful and unhelpful behaviour in the playground and in the classroom  can challenge unhelpful behaviour in a positive way  understand how their behaviour can affect others	<u>DRUG, ALCOHOL AND TOBACCO EDUCATION:</u> <u>WHAT DO WE PUT INTO AND ON TO BODIES?</u> L1. Pupils learn about what can go into bodies and how it can make people feel  Pupils are able recognise that different things that go into bodies can make people feel good or not so good  can identify whether a substance might be harmful to take in  know how to ask for help if they are unsure whether something should go into the body L2. Pupils learn about what can go on to bodies and how it can make people feel  Pupils know that substances can be absorbed through the skin  are able to recognise that different things that people put on to bodies can make them feel good or not so good  can state some basic safety rules for things that go on to the body	<u>PHYSICAL HEALTH AND WELLBEING:</u> <u>FUN TIMES</u> L1. Pupils learn about food that is associated with special times, in different cultures  Pupils know about some of the food and drinks associated with different celebrations and customs  can identify what makes their home lives similar or different to others, including the food they eat  understand why food eaten on special days may be different from everyday foods L2. Pupils learn about active playground games from around the world  Pupils can describe how to play different active playground games  can recognise how active playground games make them feel  can make choices about which game to play, based on their feelings, likes and dislikes and what they are good at L3. Pupils learn about sun-safety  Pupils know about some of the effects of too much sun on the body  can describe what people can do to protect their bodies from being damaged by the sun  know what they will need and who to ask for help if they going out in strong sun