Year 1 - PSHE/RSE

Knowledge, Skills and Understanding



Being me in my world

- I understand the rights and responsibilities as a member of my class.
- I can recognise the choices I make and understand the consequences.

Celebrating differences

- I can tell you some ways I am different from my friends.
- I understand these differences make us all special and unique.

Dreams and goals

- I can tell you how I felt when I succeeded in a new challenge and how I celebrated it.
- I know how to store the feelings of success in my internal treasure chest.

Healthy Me

- I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.
- I can recognise how being healthy helps me to feel happy.

Relationships

• I can tell you why I appreciate someone who is special to me and express how I feel about them.

Changing Me

- I can identify the parts of the body that make boys different to girls and can use the correct names for these.
- I respect my body and understand which parts are private.