



PSHE	Year 1	Theme: Physical health and wellbeing - Fun times
What will I know by the end of this topic?	Vocabulary	
<ul style="list-style-type: none">• About food that is associated with special times in different cultures• About active playground games around the world• About sun safety	<ul style="list-style-type: none">• Celebration – an action taken to celebrate an important event e.g. birthday• Custom – a specific way of doing something in a specific community• Festival – a day of celebration which sometimes involves food• Sun lotion – lotion rubbed on the skin to protect it from sun burn	
Reflective questions		
What does your body feel like when you play games? How does your mind feel after you have played a game? What games do you like playing? What do we need to do to stay safe in the sunshine?		



PSHE	Year 1	Theme: Keeping safe and managing risk – feeling safe
<p>What will I know by the end of this topic?</p>	<p>Vocabulary</p>	
<ul style="list-style-type: none"> • The difference between real and imagined dangers. • That sometimes secrets should not be kept. • When to tell a trusted adult if you feel unsafe. • What the difference is between good and bad touches. • That there are parts of everyone's body that are private. • Which people in your community can help you. 	<ul style="list-style-type: none"> • Danger – the chance of getting hurt • Trust – a feeling that someone is reliable and is telling the truth • Safe – not in any danger • Trusted adult – a person who can help to keep you safe 	
<p style="text-align: center;">Reflective questions</p>		
<p>What signs/ feelings does your body give to tell us that something might be unsafe?</p> <p>What does your mind feel like when you think that you are unsafe?</p> <p>Why is important to tell a trusted adult about your unsafe feelings?</p> <p>Who can help to keep you safe?</p>		



St Austin's R.C. Primary School – PSHE



PSHE	Year 1	Theme: Identity, society and equality – Me and others
<p>What will I know by the end of this topic?</p>	<p>Vocabulary</p>	
<ul style="list-style-type: none"> • Which things make you special. • In which ways you are similar to others. • In which ways other people can be special. • The different roles of people at home and school. • To solve a difficult decision about responsibility. • Recognise different types of helpful and unhelpful behaviours. • To challenge unhelpful behaviours. 	<ul style="list-style-type: none"> • Similarity – something that is the same • Difference – something that is different • Special – something good or unique to a person • Responsibility – having to do something important • Accident – something not done on purpose • Deliberate – something done on purpose 	
<p style="text-align: center;">Reflective questions</p>		
<p>What makes you special? Can you think of anybody else that is special? What makes them special? Do you have any responsibilities?</p>		



St Austin's R.C. Primary School – PSHE



PSHE	Year 1	Theme: Drugs, alcohol and tobacco education – What do we put into and on our bodies?
What will I know by the end of this topic?	Vocabulary	
<ul style="list-style-type: none"> • Recognise that the things that we put into our bodies can make us feel good or not so good. • To say whether something is harmful to take into our bodies. • To check with other people if we are unsure whether something is harmful. • That things can be absorbed through our skin. • The things we put onto our skin can make us feel good or not so good. • 	<ul style="list-style-type: none"> • Harmful – something which cause harm to our bodies • Substance – something which exists e.g. food, water, sun lotion • Absorbed – when something is taken in through the skin 	
Reflective questions		
<p>What things can you think of which you put in your body and make you feel good?</p> <p>What things do you put on your skin which make you feel good?</p> <p>Have you seen anyone in your family using things which make them feel good?</p>		



St Austin's R.C. Primary School – PSHE



PSHE	Year 1	Theme: Mental health and wellbeing - feelings
What will I know by the end of this topic?		Vocabulary
<ul style="list-style-type: none"> • The names of different feelings e.g. happy, sad, angry, scared. • That some people might feel differently about the same situation. • How different emotions look and feel. • That some feelings can be stronger than others. • How to manage different feelings and emotions. • When to ask for help. • How people react when there is change or loss. 	<ul style="list-style-type: none"> • Feelings – how you feel inside e.g. happy or sad • Mental health – when our emotions are working as they should be and we feel healthy • Emotion – a feeling • Loss – when something is gone • Big feelings – strong emotions such as fear or anger • Positive – something which is good for us • Negative – something which we don't like so much 	
Reflective questions		
<p>Can you think of a time when you were happy? What did your body look like at that time?</p> <p>Can you think of a time when you were sad? What did your body look like at that time?</p> <p>Who can help you to deal with difficult emotions?</p>		



St Austin's R.C. Primary School – PSHE



PSHE	Year 1	Theme: Careers, financial capability and economic wellbeing – my money
What will I know by the end of this topic?	Vocabulary	
<ul style="list-style-type: none"> • That people get money in different ways. • People make choices about what to buy with their money. • That we can't always have the things that we want. • Why people might want to save their money. • That some people work for their money. • That there are lots of different jobs that people can do. 	<ul style="list-style-type: none"> • Pocket money – money which you earn for doing things for your family • Cost – how much money something is to buy • Value – whether something is worth the amount of money it costs • Savings – keeping money in a bank to use at another time • Interest – a small amount of money which banks give to people for keeping money with them • Job – something that people do to earn money 	
Reflective questions		
<p>Have you ever saved for anything? Do you think that you will always be able to have exactly what you want? What are good ways that we can save money? How can you earn money for yourself?</p>		