

PSHE LONG TERM -RACE LEYS INFANT SCHOOL 2021 -internet safety learning RE and science will all link in

YEAR 1	Health and well-being include mental health	relationships	living in the wider world
Au 1	<p><u>Looking after and learning about myself as I grow</u>                      I can describe how I grow from young to old and how my needs change.                      I can suggest a physical activity to help me to be healthy                      I can suggest an activity to make me feel calm                      I can name my feelings                      I know what I like and dislike and can tell others                      I can name some of the different groups and communities I belong to</p> <p><u>Safety in my house</u>                      I can name some household products, including medicines, that can be harmful if not used properly                      I can say what I do if I come across them</p>	<p><u>People around me</u>                      I can identify similarities and differences between people                      I listen to others and work cooperatively                      I can say things to help and encourage others                      I recognise how others show feelings and work hard to respond appropriately                      I can talk about the fact that how I behave affects others                      I can talk about how I should be as a good friend and how a friend should be with me</p>	<p><u>How I can help others</u>                      I can talk about how to contribute to the life of the classroom to make it a happy learning place                      I help to make class rules and school rules                      I know some people have less money to buy things they need                      I know that I can help others and show that I care eg harvest</p> <p><u>Money and me</u>                      I know that I can bring money to school and I can save to get a book                      I can talk about how book shop helps me save and why this is a good idea</p>
Au 2	<p><u>Learning about me</u>                      I can talk about why some activities improve my emotional health                      I learn that my choices have consequences for me and how I feel                      I know some strategies for managing my feelings.</p>	<p><u>Being with others</u>                      I have some words I can use to resolve simple arguments through negotiation.                      I can name different types of bullying/ teasing and that these are wrong and unacceptable                      I can talk about how I can hurt people's feelings and bodies                      I can see when people are kind or unkind to me or others and what to do and say                      I recognise what is fair and unfair right and wrong                      I know about ways to resist teasing and bullying and how to get help</p>	
Sp 1	<p><u>Learning me</u>                      I can talk about an experience that helped me to learn to change something                      I can celebrate my strengths and link this to feeling proud                      I set myself a simple but challenging goal with the help of my teacher</p>	<p><u>Safe me</u>                      I can explain what kind of contact is ok or not ok and I know how to respond to this                      I can explain the difference between secrets and nice surprises                      I can relate my uncomfortable feelings to my early warning signs                      I identify my special people</p>	

PSHE LONG TERM -RACE LEYS INFANT SCHOOL 2021 -internet safety learning RE and science will all link in

	<p>I can use the term 'power of yet' when thinking about challenges which I need to practice. I celebrate my friends achievements I give constructive feedback to others</p> <p><u>Safe me</u> I can talk about how I need to keep myself safe and when to say yes and no and to tell/ask if I feel worried I can say what is meant by privacy and how I have the right to keep things private I recognise that I share a responsibility for keeping myself and others safe, when to say 'yes', 'no', 'I'll ask' and 'I'll tell' I recognise physical differences know similarities and differences between boys and girls and name body parts I can name the 'special people' who work in my community and who are responsible for looking after me and protecting me</p>	<p>I know how special people should care for each other I can say how I contact those special people when I need their help, including dialling 999 in an emergency</p>	
sp 2	<p><u>No germs</u> I learn how to maintain personal hygiene and remember to wash my hands when I need to I use a tissue properly and dispose of it I learn how germs spread and can tell you how I can help to stop this</p> <p>I can talk about being safe on a road on my bike near railways and with fire</p>	<p><u>Me and my feelings</u> I know about feelings and how some make me feel good and some make me feel uncomfortable</p>	<p><u>Belonging and helping</u> I know about opportunities I can take part in eg after school club choir clubs out of school I can talk about how I contribute to my school I can talk about how I might help other people who have a difficulty eg charity days</p>
Su 1		<p><u>No bullying here</u> I can talk about ways I can resist teasing or bullying I can talk about how if I witness bullying who I can go and how to get help.</p>	<p><u>Me in the world</u> I can talk about why my family and class group are special I can talk about why another group I belong to might be special eg art club, football, dancing etc I can talk about the needs people and other living things have and that we have responsibilities to meet them</p>

PSHE LONG TERM -RACE LEYS INFANT SCHOOL 2021 -internet safety learning RE and science will all link in

su 2		<u>Differences</u> I can share opinions on things that matter to me and explain why I can identify and respect differences between and similarities between people. I know different forms a family can take	I know people belong to different groups and communities
------	--	---	--