Health Education Core Skills

Identifying comfortable and uncomfortable feelings; knowing how to manage uncomfortable feelings.

Describing my feelings to another person.

Understanding that some food and drink is healthy for my body and comparing different sugar amounts which are unhealthy for my body.

Identifying ways in which to keep clean and knowing the importance of washing my hands. I will learn how to wash my hands correctly.

Understanding that First Aid can help me with everyday accidents.

'My Body' Core Skills

I will be able to name some of my body parts.

I can explain what some of my body parts do.

Relationship Education Core Skills

Recognising people I think of as part of my family.

Identifying ways in which I am the same as others.

Identifying ways in which I am different to others.

Feeling confident in myself.

Making good choices on what I like and dislike.

Listening to other people's opinions. Understanding how to make a difficult choice.

Explaining how something online might make someone feel sad or worried; knowing who I can ask for help if something worries me online.

Explaining what private means and that some things are done in private.

PSHE Core Skills

Setting classroom rules.

Understanding and giving compliments to peers and ourselves.

Recognising the PATHs animals.

Understanding that everyone experiences emotions.

Learning to play and share with friends in my classroom.

Talking about my own experiences and listening to those of others.

Learning that there are negative consequences for bad choices.

Learning how to do the 'Turtle technique' and using this to solve a problem situation.

Sharing my experiences with others and showing my feelings to the class.

PATHS feelings

I will learn what feelings are.

I will know the difference between comfortable and uncomfortable feelings.

I will learn about the facial expressions and body postures associated with these feelings:

Happiness

Sadness

Mad

Scared

Calm and relaxed