

Health Education Core Skills

Understanding how to keep ourselves safe online.

Describing my feelings.

Understanding how people react differently to feelings and understanding how some behaviours are OK to share.

Understanding the importance of being physically active and giving examples of activities I enjoy.

Understanding how sugar can affect my teeth and naming ways I can keep my teeth healthy.

Identifying dangers and keeping myself and others safe.

'My Body' Core Skills

I will be able to correctly name the main parts of the body, including external genitalia using scientific terms (penis and vulva).

Relationship Education Core Skills

Identifying people who are special to me.

Understanding what makes people special to us.

Listening to others for effective communication.

Identifying ways to resolve conflicts through negotiation.

Understanding similarities and differences between other people.

Identifying people who help us and look after us to keep us safe.

Year 1

Life Skills Curriculum Overview

PSHE Core Skills

Setting classroom rules.

Understanding and giving compliments to peers and ourselves.

Understanding positive relationships.

Including all of our friends in our play.

Listening to others and making good choices.

Identifying positive behaviours and understanding how to behave appropriately.

Problem solving.

Understanding consequences of behaviours that I might show.

British Values

We teach British Values to children to improve their spiritual, moral, social and cultural development.

The 5 British Values are:

- Democracy
- Tolerance
- Respect
- Liberty
- Rule of law

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:

Excited

Proud

Tired

Jealous

Frustrated

Disappointment

Generous