



## End of Year Attainment Summary – PSHE (Health & Relationships)

<b><u>Year Group: 1</u></b>	<b><u>To be taught in stipulated term:</u></b>		
<b>Health and Wellbeing</b>	<b><u>Autumn 1</u></b>	<b><u>Autumn 2</u></b>	
I can show how to keep fit and stay healthy.			
I can explain basic dental hygiene and am aware of the harmful effects of sugar.			
I understand how to keep myself clean and now why to wash my hands.			
I understand that a regular night-time routine is important to my wellbeing.			
I am aware that the sun is harmful – slip, slap, slop.			
I can share personal successes with my class.			
I can use vocabulary to describe when I feel happy or sad, and talk to others about how I feel.			
I am more aware of what makes me feel good – sleeping when tired, family time, doing things I enjoy, playing outside.			
I can talk about simple ways/rules to stay safe in different environments (e.g. road safety, at home (harmful substances), online.			
<b>Understand what personal information is and the need to keep it private.</b>			
<b>Know who to tell if concerned about content or contact online.</b>			
<b>Understand why we use passwords.</b>			
<b>Can remember a simple password and know not to tell anyone.</b>			
I can use Cape's 'No! Stop! I don't like it.' when I feel very upset about someone else's behaviour towards me.			
I know I can talk to someone if I am worried, hurt or sad.			

<b>Relationships.</b>	<b><u>Summer 1</u></b>	<b><u>Summer 2</u></b>	
How I am feeling? I can tell others if I am happy or sad.			
How are others feeling? I can tell how others are feeling (smiling, crying and quietness).			
Friendship – How to make a friend? (Playing with others /taking turns /sharing.)			
I can tell how my actions (behaviour) make others feel. What is fair and unfair, kind and unkind & right or wrong?			
What is bullying? I can explain different ways someone can tease or bully and know that these are wrong.			
Bullying – I know who to go to if I am bullied or witness others being bullied.			
I can identify people who are special to me and share why?			
My 'family' - families care & support us, even though they're not all the same. (Be mindful of children's responses: Single parents, carers, extended families, disabilities, foster care, adoption, same gender, only child, bereavement, cultures, religions, vegetarian, etc.)			
I can use Cape's 'No! Stop! I don't like it.' when I feel very upset about someone else's behaviour towards me.			
I am aware of the 'PANTS' rule.			
I know to talk to someone if I am worried, hurt or sad. (I understand the difference between a 'secret' where I feel sad or uncomfortable and fun secret which makes me happy.)			
I can describe simple ways/rules to stay safe in different environments (e.g. road safety, harmful substances at home, online safety).			
Understand that you can share digital content online.			
Understand what personal information is and the need to keep it private.			

I can listen to the story <i>Little Bear</i> , by Jane Evans (and if it resonates any concerns I can speak to an adult. -DV).			
<b>Living In the Wider World.</b>	<b><u>Spring 1</u></b>	<b><u>Spring 2</u></b>	
I know that people aspire to earn money which can be used for different purposes: comfort in the present (shelter, warmth, food, bills) and saving for the future (wedding, holiday).			
I understand there are different forms of media (e.g. internet, newspaper, radio, television).			
I am aware of different environments within the world I live, which need protection.			
I can care for plants and watch them grow.			
I can make a positive contribution to my classroom environment.			
I can follow rules in the classroom and around school.			
I can share, take turns and return borrowed items.			
I understand that I am living in the British country called England and I belong to the local community of Smethwick within Sandwell.			
I understand that in Britain we have to follow the 'rule of law'.			
I know that I need to follow rules when using the internet.			
Know who to tell if concerned about content or contact online.			
I know the positive benefits to the internet: communication with others, researching useful information, learning.			