

Personal, Social and Health Education (PSHCE) Expectations: Year 1

Autumn 1	Spring 1	Summer 1
<p>Physical Health And Wellbeing:</p> <p><i>Fun Times</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about food that is associated with special times in different cultures • about active playground games from around the world • about sun-safety 	<p>Relationships And Sex Education:</p> <p><i>Growing And Caring For Ourselves</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • to understand some basic hygiene principles • to introduce the concept of growing and changing • to explore different types of families 	<p>Mental Health And Emotional Wellbeing:</p> <p><i>Feelings</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about different types of feelings • about managing different feelings • about change or loss and how this can feel
Autumn 2	Spring 2	Summer 2
<p>Keeping Safe And Managing Risk:</p> <p><i>Feeling Safe</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about safety in familiar situations • about personal safety • about people who help keep them safe outside the home 	<p>Drug, Alcohol And Tobacco Education:</p> <p><i>Medicines and People Who Help Us</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • to identify how to stay healthy • to explore when and how to take medicines safely • to identify who should be able to give us medicine 	<p>Careers, Financial Capability And Economic Wellbeing:</p> <p><i>My Money</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about where money comes from and making choices when spending money • about saving money and how to keep it safe • about the different jobs people do