



PSHE Knowledge, Skills and Vocabulary
Key Stage 1



	Year 1	Year 2
Skills	<ul style="list-style-type: none">• Can ask questions.• Can contribute to the life of the class and the school.• Can name the main parts of the body.• Can begin to explain how to look after my body.• Can explain that there are people and services who can help us• Can say what charities are for and what some might do.• Can explain the difference between needs and wants.• Can explain how to look after my body.• Can play and work cooperatively.• Can listen to other people.• Can share appropriately.	<ul style="list-style-type: none">• Can take part in discussions/simple debate with others about topical issues.• Can name the main characteristics of boys and girls• Can use appropriate language for body parts• Can use simple skills which will help to maintain my personal safety.• Can explain simple rules about medicines and other substances used in the home, including solvents and can be harmful if not used properly• Can recognise the coins and notes we use.• Can choose the correct value of coins and calculate change.• Can make simple choices to improve my health and well-being• Can identify that "The Lottery", "Scratch cards" etc are gambling.• Can identify that some of the essentials that have to be paid for.• Can listen to other people.• Can say what I am good at.

		<ul style="list-style-type: none"> • Can set a simple goal. • Can say how I can learn from my experiences. • Can listen to others and respect their viewpoints.
<p>Me and My Relationships</p>	<ul style="list-style-type: none"> • Understand that classroom rules are there for us to be safe and be able to learn. • Explain our classroom rules and be able to contribute to making these. • Demonstrate attentive listening skills. • Suggest simple strategies for resolving conflict situations. • Give and receive positive feedback and experience how this makes them feel. • Recognise how others might be feeling by reading body language and facial expressions. • Understand and explain how our emotions can give a physical reaction in our body. • Identify a range of feelings. • Identify how feelings might make us behave. • Suggest strategies for someone experiencing 'not so good' feelings to manage these. • Recognise that people's bodies and feelings can be hurt. • Suggest ways of dealing with different kinds of hurt. • Identify simple qualities of friendship. • Suggest simple strategies for making up. 	<ul style="list-style-type: none"> • Suggest actions that will contribute positively to the life of the classroom. • Make and undertake pledges based on those actions. • Use a range of words to describe feelings. • Recognise that people have different ways of expressing their feelings. • Identify helpful ways of responding to other's feelings. • Recognise, name and understand how to deal with feelings (e.g. anger, loneliness); • Explain where someone could get help if they were being upset by someone else's behaviour. • Recognise that friendship is a special kind of relationship • Identify some of the ways that good friends care for each other. • Understand and describe strategies for dealing with bullying. • Rehearse and demonstrate some of these strategies.
	<p>Rules, safe, responsibility, work together, listening, feelings, body language, emotions.</p>	<p>Happy, safe, rules, feelings, help, friendship, bullying, repeated,</p>
<p>Valuing Difference</p>	<ul style="list-style-type: none"> • Identify the differences and similarities between people. • Empathise with those who are different from them. • Begin to appreciate the positive aspects of these differences. 	<ul style="list-style-type: none"> • Identify some of the physical and non-physical differences and similarities between people. • Know and use words and phrases that show respect for other people. • Identify people who are special to us.

	<ul style="list-style-type: none"> • Explain the difference between unkindness, teasing and bullying. • Understand that bullying is quite rare. • Explain some of their school rules and how those rules help to keep everyone safe. • Recognise and explain what is fair and unfair, kind and unkind. • Suggest ways they can show kindness to others. • Identify some of the people who are special to them. • Recognise and name some of the qualities that make a person special to them. • Recognise that they belong to various groups and communities such as their family. • Explain how these people help us and we can also help them to help us. 	<ul style="list-style-type: none"> • Explain some of the ways those people are special to them. • Recognise and explain how a person's behaviour can affect other people. • Explain how it feels to be part of a group. • Explain how it feels to be left out from a group. • Identify groups they are part of. • Suggest and use strategies for helping someone who is feeling left out. • Recognise and describe acts of kindness and unkindness. • Explain how these impact on other people's feelings. • Suggest kind words and actions they can show to others. • Show acts of kindness to others in school. • Demonstrate active listening techniques. • Suggest strategies for dealing with a range of common situations requiring.
<p>support, behaviour, hurt, help, feelings, heal, making up, same, different, respect, tease, bullying, fair, unfair, qualities.</p>		<p>Unique, respect, special people, behaviour, solve, feelings, cooperate, kindness, feelings, listening.</p>
<p>Keeping Safe</p>	<ul style="list-style-type: none"> • Recognise the importance of sleep in maintaining a healthy, balanced lifestyle; • Identify simple bedtime routines that promote healthy sleep. • Recognise the range of feelings that are associated with loss. • Understand that medicines can sometimes make people feel better when they're ill. • Explain simple issues of safety and responsibility about medicines and their use. • Know how to be safe online and who to get help from if needed. • Understand and learn the PANTS rules; • Name and know which parts should be private. 	<ul style="list-style-type: none"> • Understand that medicines can sometimes make people feel better when they're ill. • Give examples of some of the things that a person can do to feel better without use of medicines if they are unwell. • Explain simple issues of safety and responsibility about medicines and their use. • Identify situations in which they would feel safe or unsafe. • Suggest actions for dealing with unsafe situations including who they could ask for help. • Identify situations in which they would need to say 'yes', 'no', 'I'll ask', or 'I'll tell', in relation to keeping themselves and other safe.

	<ul style="list-style-type: none"> • Explain the difference between appropriate and inappropriate touch. • Understand that they have the right to say "no" to unwanted touch. • Start thinking about who they trust and who they can ask for help. • Recognise emotions and physical feelings associated with feeling unsafe. • Identify people who can help them when they feel unsafe. 	<ul style="list-style-type: none"> • Recognise that body language and facial expression can give clues as to how comfortable and safe someone feels in a situation. • Identify the types of touch they like and do not like. • Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable. • Recognise that some touches are not fun and can hurt or be upsetting. • Know that they can ask someone to stop touching them. • Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable. • Identify safe secrets (including surprises) and unsafe secrets. • Recognise the importance of telling someone they trust about a secret which makes them feel unsafe or uncomfortable.
	<p>support, private, vagina, penis, vulva, nipples, testicles, bottom, buttocks, trust, consent, risks, harmful, medicine, responsibility, emotions, loss.</p>	<p>Sleep, medicines, safety, feelings, worried, unsafe, touch, hurt, surprise, secret, safe, unsafe, tell.</p>
<p>Rights and Respect</p>	<ul style="list-style-type: none"> • Recognise how a person's behaviour (including their own) can affect other people. • Identify what they like about the school environment; • Recognise who cares for and looks after the school environment. • Demonstrate responsibility in looking after something (e.g. a class pet or plant); • Explain the importance of looking after things that belong to themselves or to others. • Explain where people get money from; • List some of the things that money may be spent on in a family home. 	<ul style="list-style-type: none"> • Describe and record strategies for getting on with others in the classroom. • Explain, and be able to use, strategies for dealing with impulsive behaviour. • Identify special people in the school and community who can help to keep them safe; • Know how to ask for help. • Understand that people have choices about what they do with their money. • Know that money can be saved for a use at a future time. • Explain how they might feel when they spend money on different things. • Identify what they like about the school environment.

	<ul style="list-style-type: none"> • Recognise that different notes and coins have different monetary value; • Explain the importance of keeping money safe; • Identify safe places to keep money; • Understand the concept of 'saving money' (i.e. by keeping it in a safe placed and adding to it). • Basic first aid and what it is. 	<ul style="list-style-type: none"> • Identify any problem with the school environment. • Recognise that it's everyone's job - including all adults and children - to respect and therefore help to look after school environment.
	<p>Behaviour, consequences, promise, environment, responsibility, money, cost, bills, spending, afford, worth, saving.</p>	<p>Responsibility, help, share, take turns, listen, feelings, control, erupt, gamer, personal information, internet, money, spending, saving, environment, responsibility.</p>
<p>Being My Best</p>	<ul style="list-style-type: none"> • Recognise the importance of fruit and vegetables in their daily diet; • Know that eating at least five portions of vegetables and fruit a day helps to maintain health. • Recognise that they may have different tastes in food to others; • Select foods from the Eatwell Guide (formerly Eatwell Plate) in order to make a healthy lunch. • Recognise which foods we need to eat more of and which we need to eat less of to be healthy. • Recognise the importance of regular hygiene routines; • Sequence personal hygiene routines into a logical order. • Understand how diseases can spread. • Recognise and use simple strategies for preventing the spread of diseases. • Recognise that learning a new skill requires practice and the opportunity to fail, safely. • Understand the learning line's use as a simple tool to describe the learning process, including overcoming challenges. 	<ul style="list-style-type: none"> • Explain the stages of the learning line showing an understanding of the learning process. • Help themselves and others develop a positive attitude that support their wellbeing. • Identify and describe where they are on the learning line in a given activity and apply its positive mindset strategies to their own learning. • Understand and give examples of things they can choose themselves and things that others choose for them. • Explain things that they like and dislike, and understand that they have choices about these things. • Understand and explain that some choices can be either healthy or unhealthy and can make a difference to their own health. • Explain how germs can be spread. • Describe simple hygiene routines such as hand washing. • Understand that vaccinations can help to prevent certain illnesses. • Explain the importance of good dental hygiene. • Describe simple dental hygiene routines.

	<ul style="list-style-type: none"> • Demonstrate attentive listening skills; • Suggest simple strategies for resolving conflict situations; • Give and receive positive feedback, and experience how this makes them feel. 	<ul style="list-style-type: none"> • Name major internal body parts. • Describe how food, water and air get into the body and blood. • Learn basic first aid.
	<p>Starchy, dairy, protein, fruit & vegetables, vitamins, portion, healthy, routine, clean, hygiene, germs, disease, spread, confidence, achievement, praise, feedback,</p>	<p>Practice, encourage, challenge, goal, achieve, choose, choices, healthy, unhealthy, vaccination, injection, disease, hygiene, germs, dental hygiene, brain, heart, lungs, stomach, small and large intestine, emergency, first aid, risk, accident.</p>
<p>Growing and Changing</p>	<ul style="list-style-type: none"> • Understand that the body gets energy from food, water and air (oxygen). • Recognise that exercise and sleep are important parts of a healthy lifestyle. • Identify things they could do as a baby, a toddler and can do now. • Identify the people who help/helped them at those different stages. • Understand some of the tasks required to look after a baby. • Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding. • Explain the difference between teasing and bullying; • Give examples of what they can do if they experience or witness bullying; • Say who they could get help from in a bullying situation • Explain the difference between a secret and a nice surprise; • Identify situations as being secrets or surprises; • Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep. • Identify parts of the body that are private; 	<ul style="list-style-type: none"> • Demonstrate simple ways of giving positive feedback to others. • Recognise the range of feelings that are associated with losing with a person they are close to. • Identify different stages of growth. • Understand and describe some of the things that people are capable of at these different stages. • Identify which parts of the human body are private. • Explain that a person's genitals help them to make babies when they are grown up. • Understand that humans mostly have the same body parts but that they can look different from person to person. • Explain what privacy means. • Know that you are not allowed to touch someone's private belongings without their permission. • Give examples of different types of private information. • Identify how inappropriate touch can make someone feel. • Understand that there are unsafe secrets and secrets that are nice surprises. • Explain that if someone is being touched in a way that they don't like they have to tell someone in their safety network so they can help it stop.

	<ul style="list-style-type: none">• Describe ways in which private parts can be kept private;• Identify people they can talk to about their private parts.	
	Energy, water, food, oxygen, exercise, sleep, healthy, change, growing, height, care, love, attention, needs, unkind, tease, bully, surprise, secret, privates, penis, vulva, hygiene.	Help, supportive, change, loss, emotions, change, learning, looking forward, permission, unique, penis, scrotum, vulva, nipples, private parts, consent, permission, privacy, unsafe, uncomfortable.