

PSHE

Year 1

Term by Term Coverage

Fairisle Infant and Nursery School



Expect Success

Autumn 1: Friendships

Can you say what we will be learning about in our topic 'All About Me!'?

By the end of this term, children should know:

- how to recognise and name a range of feelings
- how to recognise fair and unfair actions
- that their actions can impact others
- know how to be a good listener and why it is important
- how to tell the difference between teasing and bullying
- how to recognise the qualities of a good friend

Vocabulary

feelings: emotional conditions such as happy, sad and angry

fair and unfair: observing the rules so that people are treated equally or not observing the rules so people are not treated equally

teasing: to annoy consistently, pester and torment

bullying: consistent and persistent aggressive unwanted behaviour towards another person that is repeated over time

quality: a characteristic, something that is special or different in a person.



Autumn 2: Celebrating differences

Can you say what we will be learning about in our topic 'Once Upon a time...'

By the end of this term, children should know:

- people look different and that is normal
- people like different things and that is their right
- we should try not to judge people based on their appearance
- everyone has the same rights regardless of how they look or what they believe
- how to identify their special qualities
- how to set manageable targets and what a 'growth mind-set' looks like

Vocabulary

different: things that are not the same

similar: things that have some things in common and are nearly the same

appearance: the way that something looks

judge: form and give an opinion

belief: something a person believes

special: not ordinary or usual, exceptional

unique: being the only one of its kind

target: something aimed at, a thing that someone tried to hit or reach

growth mind-set : believing your brain can grow and you can learn new things



Spring 1: Medicines

Can you say what we will be learning in our topic 'Superheroes to the Rescue!'?

By the end of this term, children should know:

- how to name some healthy and unhealthy food choices
- about some of the feelings we can feel when we are unwell and why only adults administer medicines
- some medicines are preventative and may be taken daily
- when medicines should be taken
- what to do if they come across medicines and how they should be stored
- who should administer certain types of medicines

Vocabulary

healthy: being well and free from illness

unhealthy: being unwell and suffering from illness

medicine: a substance used to cure or disease or illness

administer: give or provide something

prevent: stop something from happening

stored: keep things until they are needed

immunisation: a vaccine, type of medicine usually administered by a needle to provide protection against disease

infection: a condition or disease that makes someone unwell

injection: to put medicine or drug into the body by means of a needle and syringe



Spring 2: Money Matters

Can you say what we will be learning in our topic 'Amazing Animals'?

By the end of this term, children should know:

- about a variety of different sources and uses of money
- the importance of and how to keep money safe
- how to distinguish between something that is a 'want' and a 'need'
- how to begin planning a simple budget and think about what adults have to spend money on
- that they can save for larger items and how to do this
- the benefits of using banks and saving schemes

Vocabulary

source: where something comes from or begins

money: coins or bills accepted as a way to trade goods or services

cash: money in the form of coins or bills

debit card: an electronic card that allows money to be taken from the holders bank account

save: to put money aside and not spend immediately

bank: a place of business that lends, exchanges and takes care of money

interest: a charge of borrowed money which is generally a percentage of the borrowed amount

budget: a plan for using money

credit: an amount or sum that a bank will lend to a person



Summer 1: Secrets/Staying safe

Can you say what we will be learning in our topic 'What will we grow?'

By the end of this term, children should know:

- the importance of sun safety and ways to stay safe in the sun
- ways to stay safe online and how to report problems
- how to assess whether a person is safe to go somewhere with
- the difference between a secret or surprise and what to do if you feel uncomfortable about keeping a secret
- the 'underwear rule' and who to tell if they are worried about something

Vocabulary

safe: not in danger

online: on the internet

stranger: someone that you have never met before or do not know well

secret: something kept from others or shared only privately

surprise: something that happens without warning

underwear: clothing worn under the clothes and next to the skin

private: having to do with a single person or group and not for the public



Summer 2: Healthy Teeth

Can you say what we will be learning in our topic 'Healthy fun'?

By the end of this term, children should know:

- the uses of teeth and name some of them
- it is normal to lose milk teeth but that we only have one adult set
- some foods that are good for teeth and some that should be eaten sparingly
- the most effective way to look after their teeth and why it is important
- about the role of dentist and why regular check ups are important

Vocabulary

healthy: being well and free from illness

Unhealthy: being unwell and suffering from illness

teeth: bony structure in the jaw for chewing food

incisors: flat teeth at the front of the mouth

Prevent: stop something from happening

canines: pointy teeth of which we have two at the top and two at the bottom

molars: larger teeth towards the back of the mouth for grinding food

cavity: a hollow in a tooth caused by tooth decay

milk teeth: first set of teeth grown when you are a baby or toddler that later fall out

sugar: sweet substance that comes from a plant

calcium: necessary element found in most plants and animals

dentist: a person who is trained to look after teeth

appointment: an agreement to meet someone at a fixed time