

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: Caring for the environment

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

By the end of this term, children should know:

- everyone has rights
- everyone a responsibility to look after things
- what their responsibilities may be
- what harms the environment
- ways to look after our school and wider environment
- give examples of things that we can reduce, reuse or recycle

### Vocabulary

**Right** – are needs or the things we should have

**Responsibility** – the things we are expected to do

**Environment** – everything around us including living and non-living things

**Reduce** – make something smaller or use less

**Reuse** – use something more than once

**Recycle** – a material going through a process so it can be used again instead of being wasted



## 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