

Pegswood Primary School

Year 1 Coverage

PSHE & RSE



Pegswood Primary School
Year Group Coverage – PSHE & RSE



Year 1						
		Family & Relationships	Safety & the Changing Body	Health & Wellbeing	Citizenship	Economic Wellbeing
Family & Relationships	Understanding that families can include a range of people and how different members of a family are related to each other.	✓				
	To begin to understand the characteristics of positive friendships.	✓				
	Learning that friendships can have problems but that these can be overcome.	✓				
	Exploring friendly behaviours.	✓				
	Learning to recognise how other people show their feelings and how to care for others.	✓				
	Exploring the ability to successfully work with different people.	✓				
	Understanding ways to help others.	✓				
Health & Wellbeing	Understanding the importance of hand hygiene.			✓		
	Understanding the risks of sun exposure and how to stay safe in the sun.			✓		
	Developing an understanding of allergies and what to do if someone has an allergic reaction.			✓		
	Exploring health related jobs and people who help to keep us healthy.			✓		
	Understanding the importance of sleep and positive sleep habits.			✓		
	Exploring two different methods of relaxation: progressive muscle relaxation and laughter.			✓		
	Understanding my strengths and qualities.			✓		
	Understanding and describing feelings and emotions.			✓		

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		Family & Relationships	Safety & the Changing Body	Health & Wellbeing	Citizenship	Economic Wellbeing
Safety and the Changing Body	Understanding how to respond appropriately to adults in a range of settings.		✓			
	Understanding what to do if I get lost.		✓			
	Exploring potential hazards in the home and how to avoid these.		✓			
	Understanding the roles people have within the local community to help keep me safe.		✓			
	Developing an understanding of appropriate physical contact.		✓			
	Exploring what is and isn't safe to put in or on my body.		✓			
	Understanding what classes as an emergency and how to make a call to the emergency services.		✓			
Citizenship	Rules.				✓	
	Caring for others: Animals.				✓	
	The needs of others.				✓	
	Similar, yet different.				✓	
	Belonging.				✓	
	Democratic decisions.				✓	
Economic Wellbeing	Introduction to money.					✓
	Looking after money.					✓
	Banks and building societies.					✓
	Saving and spending.					✓
	Jobs in school.					✓