

PSHE Key Stage One Objectives 2016-17

Health and wellbeing

Objectives
Pupils should have the opportunity to learn:
1. What constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health.
2. To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences.
3. To think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals.
4. About good and not so good feelings, a vocabulary to describe their feelings to others and simple strategies for managing feelings.
5. About change and loss and the associated feelings (including moving home, losing toys, pets or friends).
6. The importance of and how to maintain personal hygiene.
7. How some diseases are spread and can be controlled and the responsibilities they have for their own health and that of others.
8. About the process of growing from young to old and how people's needs change.
9. About growing and changing and new opportunities and responsibilities that increasing independence may bring

11. That household products, including medicines, can be harmful if not used properly

12. Rules for and ways of keeping physically and emotionally safe (including safety online, the responsible use of ICT, the difference between secrets and surprises and understanding not to keep adults' secrets; road safety, cycle safety and safety in the environment (including rail , water and fire safety).

13. About people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them.

Relationships

Objectives

Pupils should have the opportunity to learn:

1. To communicate their feelings to others, to recognise how others show feelings and how to respond.
2. To recognise how their behaviour affects other people.
3. The difference between secrets and surprises and the importance of not keeping adults' secrets, only surprises.
4. To recognise what is fair and unfair, kind and unkind, what is right and wrong.
5. To share their opinions on things that matter to them and explain their views through discussions with one other person and the whole class.
6. To listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation) to offer constructive support and feedback to others.
8. To identify and respect the differences and similarities between people.

9. To identify their special people (family, friends, carers), what makes them special and how special people should care for one another.

10. To judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them).

11. That people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable).

12. To recognise when people are being unkind either to them or others, how to respond, who to tell and what to say.

13. That there are different types of teasing and bullying, that these are wrong and unacceptable.

14. How to resist teasing or bullying, if they experience or witness it, whom to go to and how to get help.

Living in the wider world

Objectives

Pupils should have the opportunity to learn:

1. How to contribute to the life of the classroom.

2. To help construct, and agree to follow, group and class rules and to understand how these rules help them.

3. That people and other living things have needs and that they have responsibilities to meet them (including being able to take turns, share and understand the need to return things that have been borrowed).

4. That they belong to various groups and communities such as family and school.

5. What improves and harms their local, natural and built environments and about some of the ways people look after them.

6. That money comes from different sources and can be used for different purposes, including the concepts of spending and saving.

7. About the role money plays in their lives including how to manage their money, keep it safe, choices about spending money and what influences those choices.