

PSHCE in Year 1:

Being Me:

- I can tell you why my class is a happy and safe place to learn.

Celebrating Difference:

- I can tell you how I am different and similar to other people in my class, and why this makes us all special.
- I can explain what bullying is and how being bullied might make somebody feel.

Dreams, Goals and Aspirations:

- I can explain how I feel when I am successful.
- I can say why it is important to have positive feelings inside.

Healthy Me:

- I can explain why I think my body is amazing.
- I can tell you how to keep safe and healthy.
- I know being healthy can help me feel happy.

Relationships:

- I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself.
- I can tell you which behaviours I like and those that I don't like.

Changing Me:

- I can compare how I am now to when I was a baby.
- I can explain some of the changes that will happen to me as I get older.
I can use the correct names for my private parts.
- I feel positive about changes.

