**Y1 PHSE Whole School Progression of Knowledge and Skills**

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| **YEAR ONE** |
| **Context** | **What Makes a Family** | **Staying Healthy** | **Growing up** | **Online safety** |
| **Vocabulary/Significant Knowledge** | People, roles, change, loss,change, moving, forever, feelings, responsibility, kindness, consent, private, permission, trusted adult, secret, surprise, worried, normal, different, religion, culture. | Exercise, diet, sleep, brushing, teeth, diet, healthy, unhealthy, fruit, vegetable, energy, Halal, Kosher, teeth, dentist, clean, wash, disease, germs, chemical, medicine, needles, railway, emergency, police, fire brigade, ambulance. | Change, age, baby, child, teenager, adult, elderly. | Screen, connect, active, creative, personal, information. |
| **PHSE Enquiry Questions** | Who’s in my family?Do families always stay the same?How should families treat each other?When should I say no?Who owns my body? I do!Are all families the same? | How do I help my body stay healthy?How do I decide what to eat?How do we stop getting ill?How can I stay safe? | Will I always be a child? | Screen time: how much should I have?Personal information: how can we keep it safe online? |
| **Skills** | * Understand own family.
* Know that we should feel safe and receive kindness when with our families.
* Understand acceptable behaviour at

 home and at school. * Understand that families change.
* Practice saying no (consent)
* Know how to report concerns.
* Understand that families are diverse.
 | * Learn how to exercise.
* Identify healthy foods.
* Learn how to keep clean.
* Identify and avoid dangers.
 | * Learn how our bodies change over time.
* (Linked to science)
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