



Y1
PSHE Term
Topic Health and wellbeing.



Key Vocabulary:	
special	Something that is different from the usual and is important or loved.
unique	Something that is one of a kind and not like anything else.
differences	Things that make something not the same as something else.
emotions	Feelings that we have inside us, like happiness or sadness.
feelings	How we sense or experience emotions.
joy	A feeling of great happiness and delight.
sadness	A feeling of being unhappy or sorrowful.
fear	A feeling we have when we are scared or worried.
anger	A strong feeling of being upset or annoyed.
disgust	A strong feeling of dislike or disgust.
age-restriction	A rule that tells you how old you need to be to do something.

Sequence of Learning:					
Objectives (key knowledge):					
To be able to recognise what makes them special and unique, including their likes and dislikes. To know how they are the same and different to others.	To know about different kinds of feelings, how to recognise these in others.	To know how these feeling can affect how people behave.	To know how to manage their feelings and who to tell when they are finding things difficult or when things go wrong.	To know why some things have age restrictions, e.g. TV and film, toys or games.	To know basic rules for keeping safe online and who to tell if they see something online that makes them feel unhappy, worried or scared.
Child facing objectives					
To know why I am special and how I am the same and different to others.	To know how to recognise what I am feeling.	To know that feelings can make people behave in different ways.	To know who I can tell my feelings to and why it is good to share my feelings.	To know what age restrictions are and why they are there.	To know how to keep safe online and who to tell if I'm not.