

Year 1

I can name the main parts of the body and the difference between boys and girls
I know how to look after my body
I know that there are different types of relationships – family, friends and others
I know that family and friends should care for each other
I can recognise there are different types of teasing
I can play and work cooperatively
I can listen to other people
I can share appropriately
I can recognise that my behaviour affects others
I know the difference between right and wrong

Keeping myself safe

I know the role of medicines in promoting health and the reasons why people use them
I know the school rules about personal hygiene and medicines
I know that some substances can help or harm the body
I recognise the need for safety rules –road, fire, school environment, playground and home
I know there are people and services who can help us
I understand that some websites may not be age-appropriate
I know what to do if I find something inappropriate online

My healthy lifestyle

I know the importance of personal hygiene- regular washing, bathing, showering
I know how to look after my body
I can recognise and name my feelings
I know the importance of healthy eating and an active lifestyle for my health
I can make healthy eating choices and prepare simple healthy foods

Me and my future

I know that money can come from regular sources and irregular sources
I know that we have to pay for what we buy
I understand the consequences of losing money or having it stolen
I know that we can have different feelings about money
I can say what charities are for and what some might do
I understand that people in our school may have different values, customs and circumstances
I know that there are some things people have to buy and other things that we choose to buy
I can explain the difference between needs and wants
I understand individuals and families have to find ways to balance wants and needs
I understand that it may not be possible to have everything you want, straight away, if at all
I can set myself simple goals
I can identify positive things about myself and say what I enjoy about school
I can describe the work that people do in my family, my school and where I live.

Becoming an active citizen

I can express a simple opinion, agreement and disagreement
I can ask questions
I play a full part in the life of my classroom
I can agree and follow rules for my group and classroom

Moving on

I can identify positive achievements during my time in Year 1
I can explain what I am worried about and what I am looking forward to in Year 2
I know what to expect when I start Year 2
I know some of the reasons why change can feel uncomfortable and scary.
I know some of the ways of dealing with the feelings that sometimes arise from changes