

Holy Family Catholic Primary School Cronton

Year 1: PSHE summer term

Themes: Keeping healthy; food and exercise, hygiene routines; sun safety, recognising what makes them unique and special; feelings; managing when things go wrong and How rules and age restrictions help us; keeping safe online.

Throughout the term, children will learn:

What it means to be healthy and why it is important.

Ways to take care of themselves on a daily basis.

About basic hygiene routines, e.g. hand washing.

About healthy and unhealthy foods, including sugar intake.

About different types of play, including balancing indoor, outdoor.

How they are the same and different to others.

About different kinds of feelings.

How to recognise feelings in themselves and others.

How feelings can affect how people behave.

Why some things have age restrictions, e.g. TV and film, games or toys.

Basic rules for keeping safe online.

Who to tell if they see something online that makes them feel unhappy, worried, or scared.

Key vocabulary:

Healthy: in a good physical or mental condition; in good health.

Hygiene: conditions to help maintain health and preventing disease, especially through cleanliness.

Balance: an even distribution of weight allowing someone or something to remain and be steady.

Feelings: an emotional state or reaction.

Behaviour: the way in which someone acts, especially towards others.

Online: (of an activity or service) available on or performed using the internet or other computer network.

Worried: anxious or troubled about actual or potential problems.

Scared: feeling frightened.



No Outsiders curriculum book for the summer term



My world, your world

To understand that we share the world with lots of people.