Personal Social Health & Economic Education – Year 1

Autumn 1	
What helps us stay healthy?	• Parents, doctors, nurses, dentists keep us healthy. • To be healthy we need to eat well, exercise, sleep, **reduce screen time** and keep ourselves clean. • We stay clean by washing ourselves and brushing our teeth. • Hygiene is what you do to stay clean and stops germs from spreading. • Medicines (including vaccinations and immunisations) can help people stay healthy.
Autumn 2	
Who is special to us?	• Different people are special to us like family, friends, groups, clubs and teachers. • A special person is someone you care for and makes you feel loved. • A family is special because they care for each other and spend time together. • It is important to tell someone you trust, such as your teacher, if something at home worries or upsets you.
Spring 1	
Who helps keep us safe?	• Safe means to be free from danger. • Police, teachers, fire brigade and doctors are people who will keep us safe and help us if we ask. • Not all adults are safe. Some adults can be unkind. • In an emergency dial 999, including when someone is hurt or there has been an accident. • **Tell a trusted adult if you see anything online that upsets you.**
Spring 2	
What can we do with money?	• Money is something we use to pay for things. • Money can be coins or paper and they have different values. • We can get money by earning it, being given it or winning it. • Some things cost more money than others – a car will cost more than a bicycle. • Some people keep their money safe in their purse, wallet or in the house. • Some people keep some of their money in the bank.
Summer 1	
What is the same and different about us?	• We are not all the same. • We all have different likes and dislikes. • We all have things we are good at and things that we struggle with. • It is ok to be different - we might look different, talk different, have different beliefs or different family set ups. • We wear underwear to cover the parts of our body which are private.
Summer 2	
How can we look after each other and the world?	• We show we care for each other by being kind, polite, to play and work together. • If we are unkind it can upset someone. • Children, elderly people, disabled people, poorly people, animals need to be cared for. • We can care for the World by recycling, saving energy, not littering.