

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 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.

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.