**Y1 PHSE Whole School Progression of Knowledge and Skills**

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| **YEAR ONE** | | | | |
| **Context** | **What Makes a Family** | **Staying Healthy** | **Growing up** | **Online safety** |
| **Vocabulary/Significant Knowledge** | People, roles, change, loss,  change, moving, forever, feelings, responsibility, kindness, consent, private, permission, trusted adult, secret, surprise, worried, normal, different, religion, culture. | Exercise, diet, sleep, brushing, teeth, diet, healthy, unhealthy, fruit, vegetable, energy, Halal, Kosher, teeth, dentist, clean, wash, disease, germs, chemical, medicine, needles, railway, emergency, police, fire brigade, ambulance. | Change, age, baby, child,  teenager, adult, elderly. | Screen, connect, active,  creative, personal, information. |
| **PHSE Enquiry Questions** | Who’s in my family?  Do families always stay the same?  How should families treat each other?  When should I say no?  Who owns my body? I do!  Are all families the same? | How do I help my body stay healthy?  How do I decide what to eat?  How do we stop getting ill?  How can I stay safe? | Will I always be a child? | Screen time: how much should I have?  Personal information: how can we keep it safe online? |
| **Skills** | * Understand own family. * Know that we should feel safe and receive kindness when with our families. * Understand acceptable behaviour at   home and at  school.   * Understand that families change. * Practice saying no (consent) * Know how to report concerns. * Understand that families are diverse. | * Learn how to exercise. * Identify healthy foods. * Learn how to keep clean. * Identify and avoid dangers. | * Learn how our bodies change over time. * (Linked to science) |  |