



End of Year Expectations

PSHE

Year 1

Developing a Healthy and Safe Lifestyle

Children are taught:

- How to make simple choices that improve their health and wellbeing.
- To maintain personal hygiene.
- How some diseases spread and can be controlled.
- About the process of growing from young to old and how people's needs change.
- The names of the main body parts.
- That all household products, including medicines, can be harmful if not used properly.
- Rules for (and ways of) keeping safe, including basic road safety, and about people who can help them to stay safe.

Developing Confidence and Responsibility and Making the Most of their Abilities.

Children are taught:

- To recognise what they like and dislike, what is fair and unfair, and wrong.
- To share their opinions on things that matter to them and explain their views.
- To recognise, name and deal with their feelings in a positive way.
- To think about themselves, learn from their experiences, and recognise what they are good at.
- How to set simple goals.