

Year 1 Progression in PSHE

Resilience	Mental Wellbeing	Relationships	Relationships, Sex, Health Ed	Health Education	Caring Friendships	Living in the Wider World
<ul style="list-style-type: none"> • I will know what to do when I find something tricky • I will know how to identify different emotions • I will know and understand that anger can lead to bad things • I will know and understand that other people can be rude • I will know and understand how to learn something new 	<ul style="list-style-type: none"> • I will know who to talk to when I am feeling upset • I will know the different thought gremlins that affect me • I know the values that are important to me • I know how to show gratitude for the important things in my life • I know the challenges that impact on my life • I will know the habits that keep me healthy and boost my wellbeing 	<ul style="list-style-type: none"> • I will know the importance of family • I will know the danger signs in online relationships • I know the different types of bullying • I know how to collaborate • I know how to recognise stereotypes • I will know the causes of violence 	<ul style="list-style-type: none"> • I will know the main parts of the body • I will know the needs of babies and young children • I will know how to make sure that my worries are heard 	<ul style="list-style-type: none"> • I will know how tiredness impacts on my actions • I will know the importance of fruit and vegetables • I know why exercise is good for us • I know how to stay safe on the internet • I know how to reduce the risk of hazards at home 	<ul style="list-style-type: none"> • I will know what makes a good friend. • I will know that losing can be hard. • I will know to tell an adult about unkindness. • I will know that people will not trust me if I lie. • I will know to stand up to peer pressure. • I will know how to stand up to unfairness. 	<ul style="list-style-type: none"> • I will know that differences are a good thing. • I will know what happens if we do not take care of our community. • I will know that you can work on yourself. • I will know the importance of saving money. • I will know why I should play fairly. • I will know that change happens to everyone.