



# Year 1 PSHE Curriculum Objectives



<b>Autumn – Families and Friendships</b>	<b>Spring - Happy, healthy and Safe</b>	<b>Summer - Respectful and Resilient</b>
Know what special people in our families do for us	Know that parts of our bodies are private	Know how and when to say please and thank you
Know that marriages and partnerships are a special type of promise that lasts a lifetime	Know that it is normal to feel sad sometimes  Know what you can do to help someone who is feeling sad	Know how to say nice things to other people
Know what it means to be a good friend	Know that our feelings can affect our behaviour and the step we can take to manage our feelings.	Know that differences make us special
Know that good friends are people we can trust when we have a worry	Know how to ask for help and why it is important to talk to others about your feelings.	Know that sharing and asking nicely are good friendship behaviours
Know what we can do when friendships go wrong	Know how to phone the emergency services.	Know why people use the internet
Know what we can do when others act unkindly	Know that name-calling makes others feel bad and that we should use kind words	Know about what bullying looks like