

Year 1 Autumn 1: PSHE Knowledge Mat

Relationships: Ourselves and others; similarities and differences; individuality; our bodies

Key Vocabulary		Images	Core Knowledge
Like	Things you want to do	    	➤ I know what I like/dislike and what I am good at ➤ I know what makes me special and how everyone has different strengths ➤ I know that my personal features or qualities are unique to me ➤ I know how I am similar or different to others, and what we have in common ➤ I know the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private
dislike	Things you don't want to do		
Special	The things that you like about yourself		
Strengths	Things you are good at		
Similar	Things that are the same		
Different	Things that are not the same		
In common	Things you have that other people have		
penis	Male private part		
vagina	Female private part		
private parts	Parts of your body that you don't show to other people		

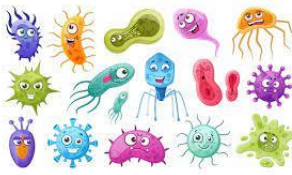
Year 1 Autumn 2: PSHE Knowledge Mat

Relationships

Key Vocabulary		Images	Core Knowledge
family	A group of people who live together	 	➤ I know that my family is one of the groups I belong to. ➤ I know the different people in my family that love and care for me.
loved	Deep affection for		
cared	Look after and provide for	 	➤ I know what my family members, or people that are special to me do to make me feel loved and cared for. ➤ I know that families are all different but share some common things.
different	Not the same		
unhappy	When you are not happy	 	➤ I know that different families do different things together. ➤ I know that it is important to tell someone if my family is making me feel unhappy or worried.
worried	When you have sad thoughts		
penis	Male private part		➤ I know the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private
vagina	Female private part		
private parts	Parts of your body that you don't show to other people		

Year 1 Spring 1: PSHE Knowledge Mat

Health and Wellbeing: What helps us stay healthy?

Key Vocabulary		Images	Core Knowledge
healthy	Things which are good for you physically, mentally or emotionally	    	➤ I know what being healthy means and who helps help me to stay healthy (e.g. parent, dentist, doctor)
medicines	Drugs which help you feel better or stop you getting sick		➤ I know that things people put into or onto their bodies can affect how they feel
hygiene	Things you do which stop you getting sick or prevent germs spreading		➤ I know how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy
germs	Small things which cause diseases or make you sick		➤ I know why hygiene is important and how simple hygiene routines can stop germs from being passed on
routines	Actions which you do often or daily		➤ I know what I can do to take care of myself on a daily basis, e.g. brushing teeth and hair, hand washing
daily	Something which happens every day		

Year 1 Spring 2: PSHE Knowledge Mat

Living in the wider world: What can we do with money?

Key Vocabulary		Images	Core Knowledge
money	Something which is used to buy things. It can be coins, bank notes and cards		➤ I know what money is and that money comes in different forms ➤ I know how money is obtained (e.g. earned, won, borrowed, presents)
choices	When you decide what you want to do		
spending	Using money to buy things		➤ I know I know how people make choices about what to do with money, including spending and saving ➤ I know the difference between needs and wants - that people may not always be able to have the things they want
saving	Not using money to buy things		
needs	Things you have to have to live - food, clothes, housing, heating and water		➤ I know how to keep money safe and the different ways of doing this
wants	Things you would like to have - holidays, designer clothes, toys		
safe	When something is protected from damage or loss		

Year 1 Spring 1: PSHE Knowledge Mat

Health and Wellbeing: Who helps to keep us safe?

Key Vocabulary		Images	Core Knowledge
adults	A mature fully grown person		➤ that people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people ➤ who can help them in different places and situations; how to attract someone's attention or ask for help; what to say ➤ how to respond safely to adults they don't know ➤ what to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard ➤ how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say
community	A group of people living in the same place		
worried	Feeling anxious about what might happen		
safe	Not in danger		
unsafe	Not safe or dangerous		
emergency	A serious, dangerous and unexpected situation		
accident	Something that happens and causes damage or injury		

Year 1 Summer 2: PSHE Knowledge Mat

How can we look after each other and the world?

Key Vocabulary		Images	Core Knowledge
kind	being friendly, generous and considerate		➤ I know how kind and unkind behaviour can affect others ➤ I know how to be polite and courteous ➤ I know how to play and work co-operatively ➤ I know the responsibilities I have in and out of the classroom ➤ I know how people and animals need to be looked after and cared for ➤ I know what can harm the local and global environment and how we can help care for it ➤ I know how people grow and change and how people's needs change as they grow from young to old ➤ I know how to manage change when moving to a new class/year group
unkind	being rude and inconsiderate		
polite	behaviour that is respectful towards others		
courteous	being polite and respectful		
co-operate	working alongside someone in a helpful way		
care for	to look after something		
environment	the natural world		
ages	from a young child, to teenager, to adult to old.		
transition	moving to something new - like a new year group		