

Year 1



Personal Safety

- If something happens that makes me feel sad, worried, uncomfortable or frightened I can give examples of when and how to speak to an adult I can trust.
- I can explain rules to keep us safe when we are using technology both in and beyond the home.
- I can recognise more detailed examples of information that is personal to me (e.g. where I live, my family's names, where I go to school).
- I can describe and demonstrate how to get help from a trusted adult or helpline if I find content that makes me feel sad, uncomfortable worried or frightened.

Social and Emotional Skills

- I can identify feelings: anger, happiness, excitement, fear, sadness.
- I know what makes a good friend and how to be one.
- I can accept the needs of others, I can take turns and share resources, sometimes with support from others.
- I can speak confidently in front of my class/school (say a rehearsed line in an assembly).
- I say please and thank you at appropriate times.

Personal Care

- I can use cutlery independently.
- I will have a drink when directed.
- I know when I need to take off/put on my jumper or coat to regulate my temperature.
- I know when to wash my hands.
- I can change for PE independently.
- I can recognise when is a good time to use the toilet and wash my hands.

Understanding the World

- I know ways in which I can help to keep our planet a safe place to be. (recycle)
 - I know the four seasons and can name characteristics of this time of year.
 - I can name places that are near and places that are far away. (geography)
- I know my birth month.

Please ask your child's class teacher if you have any questions regarding this document and its use. A separate document will be re-released regarding our Relationships and Sex Education guidance before term 6.