



PSHE KSI Overview

KSI	Health and Wellbeing	Relationships	Living in the wider world
	All of these objectives are underpinned by the principles of Catholic Social Teaching : Protecting the dignity of the human person, placing value on family and community, working for the common good, recognising we have rights but also responsibilities, helping the poor and vulnerable, caring for all creation and the importance for work and rest.		
Objectives	Year 1/2	Year 1/2	Year 1/2
	Can I name the parts of the body? Can I explain how to keep healthy by exercising, resting, eating the right foods and cleaning my teeth? Can I describe how I feel? Can I recognise what I like and dislike? Can I recognise that good choices form positives and bad choices form negatives? Can I learn from my experiences? Can I explain what happens as you grow older? (change in needs) Can I keep myself safe by always telling an adult if I need help? Can I keep myself safe physically and emotionally? (Online, road safety, rail, water, fire etc.) Can I categorise foods into healthy and unhealthy groups? Can I explain what personal hygiene is and why it is so important? Can I make choices about how to improve my physical health? Can I explain how disease is spread? Can I explain how to prevent disease spreading? Can I explain the similarities and differences between boys and girls bodies? Can I recognise that choices have consequences? Can I celebrate successes and set challenging goals? Can I describe how loss feels? (losing a game) Can I make choices about how to improve my emotional health? Can I keep myself safe physically and emotionally? (Online, road safety, rail, water, fire etc.) Can I name adults that keep me safe and healthy? Can I recognise when I need help and how and who to ask for it?	Can I listen to others? Can I understand the conventions of courtesy and good manners? Can I understand that what I say affects other people? Can I say what I think to other people and listen to what they think? Can I recognise what is fair, unfair, kind, unkind, right and wrong? Can I say how people are the same and different? Can I identify things that make me special? Can I recognise when people are being unkind? Can I respond to unkindness appropriately? Can I communicate how I feel to others, recognise the feelings of others and think about how to respond? Can I recognise how my behaviour impacts on others? Can I share my opinion through discussions? Can I cooperate in work and play with others? Can I understand the importance and characteristics of friendship? Can I offer constructive feedback to others? Can I identify and respect similarities and differences between people? Can I recognise the difference between secrets and nice surprises? Can I tell an adult when I feel uncomfortable or unhappy? Can I explain what sort of physical contact is acceptable and unacceptable? Can I recognise types of teasing and bullying? Can I suggest strategies to resist teasing and bullying?	Can I describe how I contribute to the life of the classroom and school? Can I explain how everyone has the right to take turns? Can I explain the ways in which we are all the same and what we have in common with each other? Can I understand how we are all unique? Can I describe things that harm my environment? Can I explain the role money plays in my life? Can I explain what it means to be part of a community? Can I explain about the people in my life who work in the community? (Police etc.) Can I understand how rules help me? Can I help construct and follow group, class and school rules? Can I explain that living things have rights and that everyone has responsibilities? Can I discuss what improves my local, natural and built environment? Can I understand how money comes from different sources and can be used for different purposes? (sending, saving) Can I explain the role money plays in my life?

