



Curriculum End Points

Year One

Topic: Citizenship: How can I help others and the environment?

- Name some things that babies and younger children need and explain how adults help to care for them.
- Describe safe ways they can help to care for a baby or younger child.
- Name some needs of different animals and give examples of how people can care for them.
- Explain ways they can help to look after the school environment.
- Share ideas respectfully and give reasons for their opinions.
- Name people who help to look after the school and local environment and explain why their work is important.
- Give examples of rules that help people, animals and places.
- Explain simply how rules help people.

Key Vocabulary

care	rule
need	safe



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Topic: Connecting with others: How can I help myself and others feel happy and safe?

- Describe what makes them special.
- Notice what makes others special.
- Identify how families show love and care.
- Name places and people that help them feel safe.
- Identify a trusted adult.
- Name the qualities of a good friend.
- Choose kind, polite ways to solve disagreements.
- Explain how speaking kindly and politely can make people feel.
- Demonstrate kind and respectful behaviour whilst working in a group.

Key Vocabulary

fair	share
friendly	strengths
lonely	trust
polite	trusted adult
safe	unfair



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Topic: Health Protection: How can I protect myself and others in daily life?

- Describe germs as tiny living things that can spread between people and surfaces and cause illness.
- Accurately demonstrate the correct handwashing routine, ensuring all parts of the hands are cleaned.
- Choose suitable clothing for different weather conditions.
- Describe how to stay safe in hot weather.
- Name a range of health workers and explain ways they help prevent illness.
- Describe signs they may be unwell using simple words and/or actions, identifying where on their body something feels wrong.
- Recognise that telling an adult helps keep them safe and healthy, giving key information about their discomfort.
- Identifying which injuries need to be reported to an adult immediately.
- Recognise when an injury or illness is an emergency.

Knowing that 999 should be called in a medical emergency

Key Vocabulary

999	injury
dentist	medicine
doctor	prevent
emergency	protect
first aid	serious
germs	unwell
illness	urgent



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Topic: My Healthy Self: How can we look after our emotions?

- Name the six basic emotions and recognise them using face and body clues.
- Explain that people can feel different emotions in the same situation and give simple reasons why.
- Describe emotions as comfortable or uncomfortable.
- Describe how feelings can change and vary in strength, for example, 'a little bit' or 'a lot.'
- Identify what makes them feel calm, relaxed or excited.
- Explain why rest and enjoyable activities are important for wellbeing.
- Identify what might make themselves and others feel worried, annoyed or upset and suggest ways to feel better.
- Say how they feel and identify trusted adults who can help when feelings feel difficult.

Key Vocabulary

anger	happiness
body clues	relax
disgust	sadness
emotions	surprise
face clues	trust
fear	trusted adult



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Topic: Staying Safe: How can I stay safe?

- Identify common items in the home that are safe and unsafe for children and explain simply how they could cause harm.
- Name things that are safe or unsafe to put in or on their body.
- Describe and use simple safety rules in familiar places such as the home and school.
- Recognise some basic body clues or warning signs that might show they feel worried, unsafe or uncomfortable.
- Describe how to stay safe near roads.
- Follow the steps 'Stop, Look, Listen, Think' to explain how to cross a road safely with a trusted adult.
- Name some trusted adults at home and at school and say who they could go to for help in different places.
- Use simple, clear phrases to ask a trusted adult for help.

Key Vocabulary

body clues	rule
comfortable	safe
danger	trusted adult
emergency	uncomfortable
harm	unsafe
road safety	999



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Topic: The online world: How do we spend time online?

- Recognise different ways they go online in everyday life.
- Understand that many online activities can also be done in person and that being online can sometimes distract us from those activities.
- Recognise that polite behaviour online is the same as polite behaviour in person.
- Explain why it is important to balance screen time with in-person activities.
- Recognise when something online is not meant for children and know to stop and tell a trusted adult.
- Can explain simple ways to help stay safe online.

Key Vocabulary

balance	rule
digital device	safe
healthy	screen time
internet	trusted adult
online	