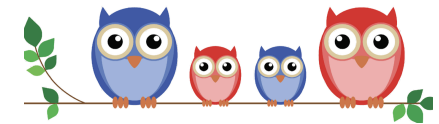


As a Year One Life Skills Learner I will know...

<p><u><i>Families and Relationships</i></u> That our families look after us. Some words to describe how people are related (eg. aunty, cousin). That some information about me and my family is personal. Some characteristics of a positive friendship. That friendships can have problems but that these can be overcome. That it is called stereotyping when people think of things as being 'for boys' or 'for girls' only.</p>	<p><u><i>Citizenship</i></u> The rules in school. That different pets have different needs. The needs of younger children and that these change over time. That voting is a fair way to make a decision. That people are all different and that this is a good thing.</p>
<p><u><i>Health and Wellbeing</i></u> We can limit the spread of germs by having good hand hygiene. The five 'S's for sun safety: slip, slop, slap, shade, sunglasses. That certain foods and other things can cause allergic reactions in some people. That sleep helps my body to repair itself, to grow and restore my energy. That strengths are things we are good at. That qualities describe what we are like. The words to describe some positive and negative emotions.</p>	<p><u><i>Economic Wellbeing</i></u> That coins and notes have different values. Some of the ways children may receive money. That it is wrong to steal money. That banks are places where we can store our money. Some jobs in school. That different jobs need different skills.</p>
<p><u><i>Safety and the Changing Body</i></u> That some types of physical contact are never appropriate. What to do if I get lost. That a hazard is something which could cause an accident or injury. That some things are unsafe to put onto or into my body and to ask an adult if I am not sure. That an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened. That the emergency services are the police, fire service and the ambulance service.</p>	



As a Year One Life Skills Learner I can...

Families and Relationships

Explore how families are different to each other.
 Explore how friendship problems can be overcome.
 Explore friendly behaviours.
 Recognise how other people show their feelings.
 Identify ways we can care for others when they are sad.
 Explore the ability to successfully work with different people

Citizenship

Explain why rules are in place in different settings.
 Identify positives and negatives about the school environment.
 Discuss issues of concern to me.
 Recognise the importance of looking after the school environment.
 Identify ways to help look after the school environment.
 Recognise the contribution people make to the local community.

Health and Wellbeing

Wash my hands properly.
 Deal with an allergic reaction.
 Explore positive sleep habits.
 Explore two different methods of relaxation: progressive muscle relaxation and laughter.
 Explore health-related jobs and people who help look after our health. Identify personal strengths and qualities.
 Identify different ways to manage my feelings.

Economic Wellbeing

Discuss how to keep money safe.
 Discuss what to do if we find money.
 Explore choices people make about money.
 Develop an understanding of how banks work.

Safety and the Changing Body

Practise what to do if I get lost.
 Identify hazards that may be found at home.
 Understand people's roles within the local community that help keep us safe.
 Identify what is and is not safe to put in or on our bodies.
 Practise making an emergency phone call.