

St Joseph's Catholic Primary School



Year 1 Objectives

Health and Wellbeing

- To recognise what they like and dislike
- How to make real, informed choices that improve their physical and emotional health
- To recognise that choices can have good and not so good consequences
- To think about themselves, to learn from their experiences
- To recognise and celebrate their strengths and set simple but challenging goals
- To learn about good and not so good feelings, a vocabulary to describe their feelings to others and simple strategies for managing feelings

Relationships

- To communicate their feelings to others, to recognise how others show feelings and how to respond
- To recognise how their behaviour affects other people
- The difference between secrets and surprises and the importance of not keeping adults' secrets, only surprises
- To recognise what is fair and unfair, kind and unkind, what is right and wrong
- To understand that people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable)
- To recognise when people are being unkind either to them or others, how to respond, who to tell and what to say

Living in the Wider World

- How to contribute to the life of the classroom
- To help construct, and agree to follow, group and class rules and to understand how these rules help them
- To recognise that people and other living things have needs and that they have responsibilities to meet them (including being able to take turns, share and understand the need to return things that have been borrowed)
- To understand that they belong to various groups and communities such as family and school