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|  | **Year 1** | | | |
|  | **Autumn** | | **Spring** | **Summer** |
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| **Relationships and Health Education (RHE)** | | **Autumn 1- RELATIONSHIPS**  **Ourselves and others; similarities and differences; individuality; our bodies**  **What is the same and different about us?**  **Pupils learn**   * What they like/dislike and are good at * What makes them special and how everyone has different strengths * How their personal features or qualities are unique to them * How they are similar or different to others, and what they have in common * To use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private   **Autumn 2- RELATIONSHIPS**  **Ourselves and others; people who care for us; groups we belong to; families**  **Who is special to us?**   * That family is one of the groups they belong to, as well as, for example, school friends, clubs * About the different people in their family/those that love and care for them * What their family members, or people that are special to them, do to make them feel loved and cared for * How families are all different but share common features- what is the same and different about them * About different features of family life, including what families do/enjoy together * That it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried | **Spring 1- HEALTH AND WELLBEING**  **Being healthy; hygiene; medicines; people who help us with health**  **What help us stay healthy?**  **Pupils learn**   * What being healthy means and who helps help them to stay healthy (eg; parent, doctor, dentist) * That things people put into or onto their bodies can affect how they feel * How medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy * Why hygiene is important and how simple hygiene routines can stop germs from being passed on * What they can do to take care of themselves on a daily basis, eg; brushing teeth and hair, hand washing   **Spring 2- LIVING IN THE WIDER WORLD**  **Money; making choices; needs and wants**  **-What can we do with money?**  **Pupils learn**   * What money is- that money comes in different forms * How money is obtained (eg earned, won, borrowed, presents) * How people make choices about what to do with money, including spending and saving * The difference between needs and wants- that people may not always be able to have the things they want * How to keep money safe and the different ways of doing this | **Summer 1- HEALTH AND WELL BEING**  **Keeping safe; people who help us**  **Who helps to keep us safe?**  **Pupils learn**   * That people have different roles in the community to help them (and others) keep safe- the jobs they do and how they help people * Who can help them in different places and situations; how to attract someone’s attention or ask for help; what to say * How to respond safely to adults they don’t know * What to do if they feel unsafe or worried for themselves or others, and the importance of keeping on asking for support until they are heard * How to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say   **Summer 2- LIVING IN THE WIDER WORLD**  **Ourselves and others; the world around us; caring for others; growing and changing**  **-How can we look after each other and the world?**  **Pupils learn**   * How kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively * The responsibilities they have in and out of the classroom * How people and animals need to be looked after and cared for * What can harm the local and global environment; how they and others can help care for it * How people grow and change and how people’s needs change as they grow from young to old * How to manage change when moving to a new class/year group |