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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
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