

Year 1

Week	Autumn – Health and Wellbeing		Spring – Relationships		Summer – Living in the Wider World	
1	H1 - To learn what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health	H10 - To know the names for the main parts of the body (including external genitalia) and the bodily similarities and differences between boys and girls	R1 - For pupils to communicate their feelings to others, to recognise how others show feelings and how to respond	R3 - To learn the difference between secrets and nice surprises (that everyone will find out about eventually) and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid	L1 - To learn how they can contribute to the life of the classroom and school	L5 - To learn about what improves and harms their local, natural and built environments and develop strategies and skills needed to care for these (including conserving energy)
2	H2 - To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to	H11 - To learn that household products, including medicines, can be harmful if not used properly	R2 - For pupils to recognise that their behaviour can affect other people  R4 - For pupils to recognise what is fair and unfair,	R8 - To identify and respect the differences and similarities between people  R7 - To learn to offer constructive	L2 - To help construct, and agree to follow, group and class rules and to understand how these rules help them	L5 - To learn about what improves and harms their local, natural and built environments and develop strategies and

	recognise that choices can have good and not so good consequences		kind and unkind, what is right and wrong	support and feedback to others		skills needed to care for these (including conserving energy)
3	H4 - To learn about good and not so good feelings, a vocabulary to describe their feelings to others and simple strategies for managing feelings	H12 - To learn rules for and ways of keeping physically and emotionally safe including responsible ICT use and online safety, road safety, cycle safety and safety in the environment, rail, water and fire safety	R12 - To recognise when people are being unkind to either them or others, how to respond, who to tell and what to say	R9 - To identify their special people (family, friends, and carers), what makes them special and how special people should care for one another	L3 - To understand that people and other living things have rights and that everyone has responsibilities to protect those rights (including protecting others' bodies and feelings; being able to take turns, share and understand the need to return things that have been borrowed)	L6 - To learn that money comes from different sources and can be used for different purposes, including the concepts of spending and saving
4	H6 - To learn the importance of	H13 - To recognise people	R11 - To learn that people's	R10 - To judge what kind of	L4 - For pupils to learn that they	L7 - To learn about the role

	<p>and how to maintain personal hygiene</p> <p>H7 - To learn how some diseases are spread and can be controlled; the responsibilities they have for their own health and that of others; to develop simple skills to help prevent diseases spreading</p>	<p>who look after them, their family networks, who to go to if they are worried and how to attract their attention</p> <p>H14 - To understand about the ways that pupils can help the people who look after them to more easily protect them</p>	<p>bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable)</p>	<p>physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them)</p>	<p>belong to various groups and communities such as family and school</p>	<p>money plays in their lives including how to keep it safe, choices about spending or saving money and what influences those choices</p>
5	<p>H3 - To think about themselves, to learn from their experiences, to recognise and celebrate their</p>	<p>H15 - To recognise that they share responsibility for keeping themselves and others safe,</p>	<p>R13 - To learn that there are different types of teasing and bullying, that these are wrong</p>		<p>L8 - To recognise ways in which they are all unique; understand that there has never been and will</p>	

	Strengths and set simple but challenging goals	when to say, 'yes', 'no', 'I'll ask' and 'I'll tell' including knowing that they do not need to keep secrets	and unacceptable  R14 - To develop strategies to resist teasing or bullying, if they experience or witness it, and whom to go to and how to get help		never be another 'them'	
6	H5 - To understand about change and loss and the associated feelings (including moving home, losing toys, pets or friends)	H16 - To learn what is meant by 'privacy'; their right to keep things private; the importance of respecting others' privacy	R5 - For pupils to share their opinions on things that matter to them and explain their views through discussions with one other person and the whole class		L9 - To understand the ways in which we are the same as all other people; what we have in common with everyone else	
7	H8 - To learn about the process of		R8 - To identify and respect the differences and		L10 - About the 'special people' who work in	

	<p>growing from young to old and how people's needs change</p> <p>H9 - To learn about growing and changing and new opportunities and responsibilities that increasing independence may bring</p>		<p>similarities between people</p>		<p>their community and who are responsible for looking after them and protecting them; how people contact those special people when they need their help, including dialling 999 in an emergency</p>	
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R6 - To learn to listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation)