

Year 1

Autumn

Monsters and

Me

Spring

Blooming Brilliant Britain

Summer

The Greatest Show

Health and well Being

What helps us stay healthy?

Who keeps us safe?

Spring 1

Being healthy; hygiene; medicines; people who help us with health PoS refs: H1, H5, H6, H7, H10, H39

Pupils will learn:

- what being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor)
- 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

Summer 1

Keeping safe; people who help us PoS refs: H33, H35, H36, R15, R20, L5

Pupils will 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

		<ul style="list-style-type: none"> • what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing 	<p>unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard</p> <ul style="list-style-type: none"> • 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
<p>Living in the wider world</p> <p>What can we do with money?</p> <p>How can we look after each other and the world?</p>		<p><u>Spring 2</u> Money; making choices; needs and wants PoS refs: L10, L11, L12, L13 Pupils will learn</p> <ul style="list-style-type: none"> • what money is - that money comes in different forms • how money is obtained (e.g. 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 	<p><u>Summer 2</u> Ourselves and others; the world around us; caring for others; growing and changing PoS refs: H26, H27, R21, R22, R24, R25, L2, L3 Pupils will learn:</p> <ul style="list-style-type: none"> • 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

			<p>care for it</p> <ul style="list-style-type: none"> • 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
<p>Relationships</p> <p>What is the same and different about us?</p>	<p><u>Autumn 1</u></p> <p>Relationships Ourselves and others; similarities and differences; individuality; our bodies PoS refs: H21, H22, H23, H25, R13, R23, L6, L14</p> <p>Pupils will learn:</p> <ul style="list-style-type: none"> • 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 (NSPCC Pants Rule- visit 		

Who is special to us?

from NSPCC)

Autumn 2

Relationships Ourselves and others; people who care for us; groups we belong to; families PoS refs: L4, R1, R2, R3, R4, R5

- 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