

Religious understanding

Me, My Body, My Health

Emotional well-being

Life Cycles

Keeping Safe

Living in the wider world

Personal Relationships

Different jobs that people they know or people who work in the community do.

That money needs to be looked after and ways of doing this.

that medicines are drugs, but not all drugs are good for us.

About foods that support good health and the risks of eating too much sugar (DT)

About things I can do to help look after the environment (science)

The Year 1 RHE/PSHE Student I have learned...

Preparing to move to a new class group

that alcohol and tobacco are harmful substances.

How to maintain personal hygiene.

What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating;

that my behaviour affects other people, and that there is appropriate and inappropriate behaviour;

Rules and restrictions which keep us safe

that our bodies are created by God, so we should take care of them and be careful about what we consume.

The importance of sleep, rest and recreation for our health;

The characteristics of positive and negative relationships

A language to describe our feelings

That I should call 999 in an emergency and ask for ambulance, police and/or fire brigade

That there are different types of teasing and that all bullying is wrong and unacceptable

the importance of being close to and trusting special people and telling them if something is troubling me

That it is natural for us to relate to each other

If I require medical help but it is not an emergency, basic first aid should be used instead of calling 999.

To recognise when people are being unkind to me and others and how to respond

To identify 'special people' and know what makes them special

That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)

Some basic principles of First Aid

To recognise when I have been unkind and say sorry

The importance of nuclear and wider family;

that my behaviour affects other people, and that there is appropriate and inappropriate behaviour;

To understand safe and unsafe situations, including online.

about the stages of the human life cycle

