

1Key stage	Year group	Curriculum	Statutory guidance core theme	Pupils should know...	Learning objective	Learning outcomes	Key questions	Key words	Resources
KS1	YR 1 Autumn 1	Relationships Education / Health Education	Online relationships/ Internet safety and harms	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.	Pupils understand that photos can be shared online, the importance of seeking permission before sharing a photo and how to identify and approach adults who can help.	I can explain what might happen if we share a picture. I can identify the effect of people's actions online and consider ways of keeping myself and others safe. I recognise that I can be an 'upstander' by choosing not to join in.	What sorts of photos do you see online? What does it mean to 'share' a photo? Is it ever a good idea to share a photo online? What might happen if we share a photo?	Online, Worried; Scared	Thinkuknow.com Watch the videos of Jessie online. Twinkl: buddy's online safety story/song. To be covered in ICT (NOT in RSHE Lesson)
KS1	YR 1 Autumn 1	Relationships Education	Families and people who care for me	That families are important for children growing up because they can give love, security and stability.	Pupils can identify the special people in their lives, what makes them special and how special people care for one another.	I can identify the people that are special to me. I understand what makes people special to each other. I know how special people look after each other and show they care.	Who are our special people? What makes them special to us? How do people look after each other? How can we help the people who look after us?	Special; Love; Care	Lesson plan: RSE Solution YR R. Lesson 6 3 lessons Make helping hand.
KS1	YR 1 Autumn 1	Relationships Education	Caring friendships	That most friendships have ups and downs, that these can often be worked through so that the friendship is repaired or even strengthened and that resorting to violence is never right.	Pupils understand the importance of listening to other people and playing and working cooperatively, including simple strategies to resolve disagreements through negotiation.	I can actively listen to other people. I have considered ways to communicate effectively. I have identified ways I can resolve disagreement through negotiation.	What things are helpful when you are trying to listen to your friends? What things are helpful when you are trying to tell a friend something? How easy is it to communicate constructively when we have strong feelings and different views to our friends?	Communication; Friendship	Lesson plan: RSE Solution YR1, Lesson 3 3 lessons

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KS1	YR 1 Autumn 2	Relationships Education	Respectful relationships	The importance of respecting others even when they are very different from them (for example physically, in character, personality or backgrounds) or make different choices or have different preferences or beliefs.	Pupils can identify and respect differences and similarities between people and can celebrate this.	I know I am the same as other people. I know I am different to other people. I can celebrate the similarities and differences that people have.	What does it feel like to share a similarity with someone? What does it feel like to be part of a bigger group that has a similarity? How does it feel to be uniquely different?	Differences; Similarities; Unique	Lesson plan: RSE Solution YR 1, Lesson 4 3 lessons
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KS1	YR 1 Autumn 2	Relationships Education	Being safe	How to ask for help for themselves or others and to keep trying until they are heard and safe.	Pupils can identify the people who look after them and how to attract their attention if needed.	I know the people that can help to look after me. I have identified people I can ask for help if I need. I feel confident to ask for help.	What is a problem? How does it make you feel? Who can you ask for help? How does asking for help make you feel? Why do we usually feel better once we have got some help?	Problem; Help; Safe	Lesson plan: RSE Solution YR1, Lesson 6 3 Lessons Could also make links with local community police or a parent in the force to come in and do a sessions about keeping safe

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KS1	YR 1 Spring 1	Health Education	My Body	Different body parts on males and females. Using scientific names.	Pupils can correctly name the main parts of the body, including external genitalia using scientific terms	I can correctly name the main parts of the body. I know the scientific words to describe the private part of the body that boys have. I know the scientific words to describe the private part of the body that girls have.	Do you know if there are any differences between the body of a boy and the body of a girl?	Penis; Vulva	Lesson plan: RSE Solution YR 1, Lesson 2 NSPCC Pantosaurus. Inform parents we are covering this and send link to website. 3 lessons
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YR 1	YR 1 Spring 1	Health Education	Mental wellbeing	That there is a normal range of emotions and scale of emotions that all humans experience in relation to different experiences and situations.	Pupils are able to communicate about feelings, recognising how others show feelings, and know how to respond to support respectful relationships.	I can describe my feelings. I understand that people can react differently to their feelings. I know that all feelings are OK, but some behaviours are not OK.	What is a feeling? What is a behaviour? Are all feelings comfortable or are some uncomfortable? Are all behaviours OK or are some behaviours not, OK? Why do some people behave differently to their feelings?	Behaviours; Emotions; Feelings; Respect	Lesson plan: RSE Solution (YR1, Lesson 1) 3 lessons Teach some coping methods For when we have different feelings: Worry monsters, breathing techniques Calming strategies
KS1	YR 1 Spring 2	Health Education	Physical health and fitness	The importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.	Pupils are able to identify an enjoyable form of physical activity, understanding why it is important to be physically active.	I know it is important to be physically active. I have identified a type of physical activity that I enjoy.	What is physical activity? What physical activities do you enjoy? How does your body feel when you are doing a physical activity? How do you feel after you have been physically active?	Physical activity; Exercise	Twinkl: my body and health Learn about heart beats/pulse. Take our pulse, then complete vigorous activity for 1 minute, retake our pulse and notice the difference Do a calming activity, measure again and discuss the results. 2 lessons

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KS1	YR 1 Spring 2	Health Education	Health and prevention	About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	Pupils can identify different ways to protect teeth, maintaining good oral hygiene.	I understand how sugar can affect teeth. I can name ways to keep teeth healthy.	Why is it important to brush teeth? How many times and for how long should we brush our teeth each day? Are there other things we can do to look after our teeth?	Oral; Hygiene; Decay	<p>If any parents are in profession, ask them person willing to come into school.</p> <p>Dentalhealth.org- register for dental buddy free resources twinkl: KS1 PSHE Teeth.</p> <p>Campaignresources.phe.gov.uk (Lesson provided)</p> <p>2-3 lessons</p>
KS1	YR 1 Summer 1	Health Education	Basic first aid	How to make a clear and efficient call to emergency services if necessary.	Pupils understand how to identify risk, keeping themselves and others safe in an emergency situation.	I can identify dangers by looking and listening. I can decide if an area is safe. I can help someone without risk to myself.	Why is it important to look after yourself even if someone else is hurt?	Risk; Safe; Emergency services	<p>Invite a first aider into school Either a parent or St Johns Ambulance. Use St Johns online resources.</p> <p>Ensure children know who to call For help.</p>
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As this is a new curriculum, we have left Summer 2 empty so, we can have flexibility to add in topics as needed throughout the school year and still be able to cover what we aim as above.