

Year 1 HEALTH AND WELL-BEING		
Keeping Safe	Healthy Lifestyles	Growing and Changing
<u>How to ask for help if I am worried.</u> Children should identify key adults at home and in school that they could ask to help if they were worried about something. <u>Keeping safe at school and at home.</u> Correct use of household products and medicines-potential harm. Identify key dangers and how to remain safe. <u>SCARF</u> Who can help? Identify people who can help them when they feel unsafe.	<u>What helps to keep my body healthy?</u> What do our bodies need to remain healthy-physical activity, sleep, rest and healthy food. What could happen if we don't have enough of these things? <u>Hygiene Routines</u> Why is it important to remain clean and hygienic? <u>SCARF</u> Healthy me The importance of sleep, food and exercise.	<u>SCARF</u> Harold learns to ride a bike Recognise that learning a new skill requires practice and the opportunity to fail, safely Overcoming challenges. Then and now Identify things they could do as a baby, a toddler and can do now. Identify the people who help/helped them at those different stages. Inside my wonderful body Name major internal body parts (heart, lungs, blood, stomach, intestines, brain); Understand and explain the simple bodily processes associated with them. Keeping privates private Identify parts of the body that are private. How can private parts can be kept private? Identify people they can talk to about their private parts. Taking care of a baby Understand some of the tasks required to look after a baby; Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing and feeding. Children may suggest people in their lives who are LGBT
LIVING IN THE WIDER WORLD		
Rights and Responsibilities	Environment	Money
<u>Class expectations/Group expectations</u> Identify why rules are important. What do we have rules in school for? <u>Everyone is unique</u> How are we the same? How are we different? How do we identify these differences? <u>SCARF</u> Our special people balloons Recognise we belong to different groups such as family.	<u>Look after our environment- school and grounds</u> What can we do to keep our school clean and tidy?	<u>Where money comes from</u> How do we earn money? What do we use money for? <u>Saving and spending</u> How can we keep our money safe? When is it ok to spend our money? What things could we save for? <u>SCARF</u> Harold's Money Explain where people get money from. List some of the things that money may be spent on in a family home.
RELATIONSHIPS		
Feelings and Emotions	Healthy Relationships	Valuing Difference
<u>Recognising feelings in myself and others</u> How to recognise how I am feeling What should I do when I am feeling...? <u>Sharing how we feel</u> Who should I talk to if I'm feeling....? How can I recognise how I am feeling? <u>SCARF</u> Who are our special people? Identify some of the people who are special to them; Recognise and name some of the qualities that make a person special to them. Children may suggest people in their lives who are LGBT. Feelings and bodies Recognise that people's bodies and feelings can be hurt Suggest ways of dealing with different kinds of hurt.	<u>Special people in our lives -</u> Identify special people in our lives and how they help us. How can we show gratitude for what they do for us? <u>Secrets and keeping safe</u> Not keeping secrets that make us feel uncomfortable. Who can we talk to if we are feeling worried? <u>SCARF</u> Pass on the praise Suggest simple strategies for resolving conflict situations. Give and receive praise and how this makes them feel. Surprises and secrets Explain the difference between a secret and a nice surprise Who to talk to if you feel uncomfortable about a secret.	<u>SCARF</u> It's not fair! Recognise and explain what is fair and unfair, kind and unkind. Suggest ways they can show kindness to others. Good friends Identify simple qualities of friendship. Suggest simple strategies for making up. Same or different? Identify the differences and similarities between people. Empathise with those who are different from them. Begin to appreciate the positive aspects of these differences.

