

PSHE and RHE in KS1

Learning opportunities in Relationships	Families and Close Positive Relationships	The roles different people (e.g. acquaintances, friends and relatives) play in our lives.
		To identify the people who love and care for them and what they do to help them feel cared for.
		There are different types of families including those that may be different to their own.
		To identify common features of family life.
		That it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried.
	Friendships	How people make friends and what makes a good friendship.
		How to recognise when they or someone else feels lonely and what to do.
		Simple strategies to resolve arguments between friends positively.
		How to ask for help if a friendship is making them feel unhappy.
	Managing Hurtful Behaviour	That bodies and feelings can be hurt by words and actions and that people can say hurtful things online.
		How people may feel if they experience hurtful behaviour.
		That hurtful behaviour (offline and online) including teasing, name-calling and deliberately excluding others is not acceptable; how to report hurtful behaviour; the importance of telling a trusted adult.
	Safe Relationships	To recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private.
		That sometimes people may behave differently online, including by pretending to be someone they are not.
		How to respond safely to adults they don't know.
		How to respond if physical contact makes them feel uncomfortable or unsafe.
		Knowing there are situations when they should ask for permission and also when their permission should be sought.
		The importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)
		Basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe.
		What to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help and importance of keep trying until they are heard.
	Respecting Self and others	What is kind and unkind behaviour, and how this can affect others.
		How to treat themselves and others with respect; how to be polite and courteous.
		To recognise the ways in which they are the same and different to others.
		How to listen to other people and play and work cooperatively.
		How to talk about and share their opinions on things that matter to them.

Learning opportunities in Health and Wellbeing

Healthy Lifestyles	What keeping healthy means; different ways to keep healthy.
	About foods that support good health and the risks of eating too much sugar.
	How physical activity helps us to stay healthy and ways to be physically active every day.
	Why sleep is important and different ways to rest and relax.
	Simple hygiene routines that can stop germs from spreading.
	That medicine (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy.
	Dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health.
	How to keep safe in the sun and protect skin from sun damage
	Different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV.
	The people who help us to stay physically healthy.
	Mental Health
How to recognise and name different feelings.	
How feelings can affect people's bodies and how they behave.	
How to recognise what others might be feeling.	
To recognise that not everyone feels the same at the same time, or feels the same about the same things.	
Ways of sharing feelings and a range of words to describe feelings.	
Things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep).	
Different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good.	
To recognise when they need help with feelings; that it is important to ask for help with feelings and how to ask for it.	
Change and loss (including death); to identify feelings associated with this and to recognise what helps people to feel better.	
Ourselves, Growing and	
	To recognise the ways in which we are all unique.
	To identify what they are good at, what they like and dislike.
	How to manage when finding things difficult.
	To name the main parts of the body including external genitalia.
	Growing and changing from young to old and how people's needs change.
	About preparing to move to a new class/year group.
Keeping Safe	Rules and age restrictions that keep us safe
	To recognise risk in simple everyday situations and what action to take to minimise harm.
	How to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters).
	That household products (including medicines) can be harmful if not used correctly.
	Ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely.
	The people whose job it is to help keep us safe.
	Basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them.
	What to do if there is an accident and someone is hurt.
	How to get help in an emergency (how to dial 999 and what to say)

Learning opportunities in Living in the Wider World	Shared Responsibilities	What rules are, why they are needed, and why different rules are needed for different situations.
		How people and other living things have different needs; about the responsibilities of caring for them.
		Things they can do to help look after their environment.
	Communities	The different groups they belong to.
		The different roles and responsibilities people have in their community.
		To recognise the ways they are the same as, and different to, other people.
	Media Literacy and Digital Resilience	How the internet and digital devices can be used safely to find things out and to communicate with others.
		The role of the internet in everyday life.
		That not all information seen online is true.
	Economic Wellbeing: Money	What money is; forms that money comes in; that money comes from different sources.
		That people make different choices about how to save and spend money.
		The difference between needs and wants; that sometimes people may not always be able to have the things they want.
		That money needs to be looked after; different ways of doing this.