

Year 1 Overview RSHE

Key dates through the year. PSHE/RSHE objectives. Possible key questions. Science. Computing. PE

Autumn	Spring	Summer
<p>Mental Health - October Anti-bullying - November</p> <p>To understand the values that help us to be happy, safe and ready to learn. <i>What does the word 'values' mean? Which values do we have? How do they help us? What happens when we show one of our values in school?</i> (Mental Wellbeing)</p> <p>To recognise that mental wellbeing is just as important as physical wellbeing. <i>What makes me feel good? What makes me feel bad? What happens in my brain when I feel good/ bad? What does mental wellbeing mean? What makes me have these feelings (triggers – losing a toy/ routines changing)?</i> (Mental Wellbeing)</p> <p>To develop understanding that we all have many different emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness). <i>How do I know how other people are feeling? How can I cope with strong feelings? What can I do when I feel sad/ angry/ scared? Who can help me?</i> (Mental Wellbeing)</p> <p>To develop understanding that it is important to have respect for myself. <i>What is self-respect? How can I show self-respect? How does it make me feel?</i> (Mental Wellbeing)</p> <p>To recognise that friendships are important to help us feel happy and secure, and how we choose and make friends. <i>What do I like about my friend?</i></p>	<p>Keep Safe Week NSPCC, Clever Never Goes- January Internet Safety – February Children's Mental Health Week - February</p> <p>To understand that your body belongs only to you. To recognise the difference being appropriate and inappropriate touch/ contact. To know how to respond safely and appropriately to adults they may meet (in all contexts, including online) whom they do not know. To know where they can ask for help for themselves or others, and to keep trying until they are heard. What do we call the different parts of girls' and boys' bodies? Which parts of my body are private? What is 'privacy'? Is it important? When is it ok to let someone touch me? How can I say 'no' if I don't want someone to touch me? Who should I tell if someone wants to touch my private parts? Which adults can help me? Who can I ask if I need to know something? Who can I go to if I am worried about something? Who can I talk to if I feel anxious or unhappy? (Respectful Relationships)</p> <p>To understand what the Internet is and how it can help us. To recognise how to be safe online by not sharing personal information. To begin to recognise the positives and negatives of spending time on computers. How does the Internet help me? What can I find out/ do online? What happens if I spend too much time on the computer? Should I have a time limit?</p>	<p>Walk to School - May Mental Health Awareness – 18th-24th May Healthy Eating/ Fit for Life Week - June</p> <p>To know where to find help in school and at home when we need it. <i>When might we need to ask for help? What about if we are feeling sad/ scared? What do we do if we see something online that makes us feel worried? Who can we ask to help us? Is it okay to ask for help? If you am worried about your friend what should you do?</i> (Mental Wellbeing)</p> <p>To understand that it normal to have different thoughts and what to do when we are feeling sad/ angry/ distressed. <i>What makes me feel good? What makes me feel bad? What happens in my brain when I feel good/ bad? What does mental wellbeing mean? Who can I go to if I feel sad/ scared all of the time? How can they help me?</i> (Mental Wellbeing)</p> <p>To develop understanding of how physical activity can benefit us, including our mental wellbeing. <i>How does exercise help our bodies? How does exercise help our mind/ brain/ mental wellbeing? How do you feel before/ after exercise? How can we make exercise part of our lives? Why is it important to exercise every day/ week? Who cycles/ walks/ swims/ scooters etc?</i> (Physical Health and Fitness)</p>

<p>What does my friend like about me? How can I be a good friend? Why can it be fun to have a friend who is different to me? (Caring Friendships)</p> <p>To know what to do if you feel lonely. Why does being lonely mean? How does it feel to be lonely? What can you do if you have this feeling? Who can help? How can they help? (Mental Wellbeing)</p> <p>To understand families look after us. Who is my family? How do they help me? What do they give me (love, security, stability)? What does my family do for me? What do we do together? (Families and people who care for me)</p> <p>To know that all families are different. To develop understanding and respect of differences, and know that other children's families are also characterised by love and care. How are other families similar or different to mine? Why are some parents married and some not? (Families and people who care for me)</p> <p>To develop understanding and respect of other people. How are we the same in our class? How are we all different (physical, in character, in personality or backgrounds – preferences/ beliefs)? Is it good to be different? How do we celebrate our differences? (Respectful Relationships)</p>	<p>How will that help me? Why do the games I play have an age restriction? How does that help me? (Online Relationships)</p> <p>To recognise that people can behave differently online. What should I do if someone is unkind to me online? Who can help me? How should I behave online to others? What should I do if something happens that makes me feel sad or scared? (Online Relationships)</p>	<p>To be able to rest and relax in different ways. How do our bodies and brains relax? What activities do you do? Why is it important to make sure we rest? How much sleep do we need? Why do we need to sleep? (Physical Health and Fitness)</p> <p>To be able to organise foods into sometimes and always groups. What foods do you like to eat? What is your favourite? Is it a food we can eat all the time or sometimes? Why? (Healthy Eating)</p> <p>To understand how medicines can affect our bodies. Who do we get medicines from? Why do we need them? Should we take a medicine if we don't know what it is? Why? (Drugs, alcohol and tobacco)</p>
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