

Year 1 RSHE Coverage

Term	Autumn 2	
Theme	Relationships (Friendships)	Health and wellbeing (Physical health)
Unit	Who is my friend?	How do I help my body stay healthy?
Unit objectives	- Understand that there is a difference between close friends, friends, acquaintances and strangers	- Understand that active lifestyles including regular exercise can keep our bodies more healthy - Appreciate that some people live with disabilities or are differently abled and that - Understand that we can't always have healthy bodies, because sometimes we get ill or injured
Unit vocabulary	Friend, family, stranger, acquaintance, member of my community	Exercise, diet, sleep, brushing, teeth

Term	Spring 1	
Theme	Health and wellbeing (Mental wellbeing)	Health and wellbeing (Physical health)
Unit	Where do my feelings come from?	How do I decide what to eat?
Unit objectives	<ul style="list-style-type: none"> - Understand that we have a range of emotions, depending on our experiences and situations - Know what to do when we experience strong emotions - Build language to talk about feelings 	<ul style="list-style-type: none"> - Identify the components of a balanced diet
Unit vocabulary	Angry, happy, nervous, scared, sad, calm, surprised	Diet, healthy, unhealthy, fruit, vegetable, energy, Halal, Kosher

Term	Spring 2	
Theme	Relationships (Family)	Community (Online safety)
Unit	Who's in my family?	Screen time
Unit objectives	<ul style="list-style-type: none"> - Understand that families are made up of a special group of people, which changes gradually over time. - Understand that these people are all connected in different ways, and that these connections are important 	<ul style="list-style-type: none"> - Understand that people need to get the correct balance of time spent online and offline
Unit vocabulary	People, roles, change, loss	Screen, connect, active, creative

Term	Summer 1	
Theme	Relationships (Friendship)	
Unit	What makes a good friend?	Should friends tell us what to do?
Unit objectives	<ul style="list-style-type: none"> - Understand that friends do not always agree with each other, but we can resolve our differences kindly, and with mutual respect. - Understand that difference can be a positive thing in our relationships 	<ul style="list-style-type: none"> - Understand that friends should treat each other well and be fair - Understand that there is not an ideal number of friends [You can have as many as you like] - Understand that being controlling of other people is bad and that excluding other children is hurtful - Understand that friends should not tell us what to do, although we should listen politely
Unit vocabulary	Kind, sorry, apologise, difference, different, feelings, thoughts, opinions, perfect, team	Include, exclude, leave out, respect, listening, polite

Term	Summer 2
Theme	Health and wellbeing (Mental wellbeing)
Unit	What helps me to be happy?
Unit objectives	<ul style="list-style-type: none"> - Understand the connection between their actions and the feelings of themselves and others - Discover how our choice of activities can affect our happiness
Unit vocabulary	feelings, online, offline, activities, hobbies, sleep, physical exercise, indoors, outdoors