

Year 1 Overview PSHE/RSHE

PSHE/RSHE objectives. *Key questions.*

Autumn	Spring	Summer
<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). To recognise and talk about their own emotions. <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? 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?</i></p>	<p>To discuss changes in our body. <i>How have you changed since you were a baby? What changes will happen to your body as you get older?</i> (Changing Bodies)</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 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. To understand why social media, some computer games and online gaming are restricted. To know where and how to report concerns and get support with issues online. <i>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? How will that help me? Why do the games I play have an age restriction? How does that help me?</i> (Online Relationships) (Internet Safety and Harms)</p>	<p>To develop understanding of how physical activity, time outdoors and being with others can benefit us, including our mental wellbeing and happiness. <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?</i> <i>Who cycles/ walks/ swims/ scooters etc?</i> (Physical Health and Fitness)</p> <p>To be able to rest and relax in different ways. <i>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?</i> (Physical Health and Fitness)</p> <p>To understand what constitutes a healthy, balanced meal. <i>What foods do you like to eat? What is your favourite? Is it a food we can eat all the time or sometimes? Why?</i> (Healthy Eating)</p> <p>To understand that your body belongs only to you. To understand the concept of privacy. 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</p>

<p>(Caring Friendships)</p> <p>To know what to do if you feel lonely. To develop simple self-care techniques. <i>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?</i> (Mental Wellbeing)</p> <p>To understand that families are important for us growing up because they can give love, security and stability. <i>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?</i> (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. <i>How are other families similar or different to mine? Why are some parents married and some not?</i> (Families and people who care for me)</p> <p>To develop understanding and respect of other people. <i>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?</i> (Respectful Relationships)</p>	<p>To recognise that people can behave differently online. <i>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?</i> (Online Relationships)</p> <p>To understand that mental wellbeing is a normal part of daily life, in the same way as physical health. To know where people can find help if they need it. <i>What might you do if you are feeling sad/lonely? Who can you speak to?</i> (Mental Wellbeing)</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 are worried about your friend what should you do?</i> (Mental Wellbeing)</p>	<p>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. <i>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?</i> (Respectful Relationships)</p> <p>To understand how to use medicines safely. <i>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?</i> (Drugs, alcohol and tobacco)</p> <p>To understand the importance of handwashing to prevent germs being spread. <i>How do we get poorly? What can we do to help keep us healthy and well? How can we help each other?</i> (Health and Prevention)</p> <p>To understand how to make a clear and efficient call to emergency services if necessary. <i>What is an emergency? Who can help us? What can we do to help?</i> (Basic First Aid)</p>
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