

Year 1/2 RSHE

**Intent:** To equip children with the information, skills and values they need to have safe, respectful and enjoyable relationships and empower them to take responsibility for their sexual health and well-being.

We seek to ensure our curriculum gives pupils the knowledge, skills, attitudes and values that will help them to:

- value their health, wellbeing and dignity
- build self-esteem and self-worth
- accept and value their personal and identity and the personal identities of others
- understand and make sense of the real-life issues they are experiencing in the world around them
  
- manage and explore difficult feelings and emotions
- consider how their choices affect their own wellbeing and that of others
- develop as informed and responsible citizens
- understand and ensure the protection of their rights throughout their lives.

Cycle A		
Our Wonderful World -terms 1 and 2	What An Adventure- terms 3 and 4	Awesome Achievements- terms 5 and 6
<p>R1 Learn about the roles different people play in our lives (acquaintances, friends, relatives.)</p> <p>R6 About how people make friends and what makes a good friendship</p> <p>R7 How to recognise when they or someone else feels lonely and what to do.</p> <p>R8 Simple strategies to resolve arguments between friends positively.</p> <p>R9 how to ask for help if a friendship is making them unhappy.</p> <p>L1 What rules are and why they are needed and why different rules are needed for different situation.</p> <p>L3 Learn about things they can do to look after their environment.</p> <p>L4 Different communities they belong to.</p> <p>L5 about the different roles and responsibilities people</p>	<p>H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)</p> <p>H31. that household products (including medicines) can be harmful if not used correctly</p> <p>H32. 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</p> <p>H33. about the people whose job it is to help keep us safe</p> <p>adult if they come across something that scares them</p> <p>H35. about what to do if there is an accident and someone is hurt</p> <p>H36. how to get help in an emergency (how to dial 999 and what to say)</p>	<p>R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private</p> <p><b>Year 2 only-</b></p> <p>H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)</p> <p>H27. about preparing to move to a new class/year group</p> <p><b>HAL week-</b></p> <p>H1. about what keeping healthy means; different ways to keep healthy</p> <p>H2. about foods that support good health and the risks of eating too much sugar</p> <p>H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday</p>

have in their community.

- H4. about why sleep is important and different ways to rest and relax
- H5. simple hygiene routines that can stop germs from spreading
- H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy
- H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health
- H8. how to keep safe in the sun and protect skin from sun damage
- H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV
- H10. about the people who help us to stay physically healthy
- H13. how feelings can affect people's bodies and how they behave
- H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things
- H16. about ways of sharing feelings; a range of words to describe feelings
- H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)
- H18. 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
- H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it
  
- L10. what money is; forms that money comes in; that money comes from different sources
- L11. that people make different choices about how to save and spend money

		<p>L12. about the difference between needs and wants; that sometimes people may not always be able to have the things they want</p> <p>L13. that money needs to be looked after; different ways of doing this</p> <p>L15. that jobs help people to earn money to pay for things</p> <p>L16. different jobs that people they know or people who work in the community do</p> <p>L17. about some of the strengths and interests someone might need to do different jobs</p>
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<b>Cycle B</b>		
<b>All Change -terms 1 and 2</b>	<b>Lasting Landmarks- terms 3 and 4</b>	<b>Through the Eyes- terms 5 and 6</b>
<p>H26. about growing and changing from young to old and how people's needs change</p> <p>R2. to identify the people who love and care for them and what they do to help them feel cared for</p> <p>R3. about different types of families including those that may be different to their own</p> <p>R4. to identify common features of family life</p> <p>R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried</p> <p>R10. that bodies and feelings can be hurt by words and actions; that people can say hurtful things online</p> <p>R11. about how people may feel if they experience hurtful behaviour or bullying</p> <p>R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult</p> <p>H20. about change and loss (including death); to</p>	<p>R16. about how to respond if physical contact makes them feel uncomfortable or unsafe</p> <p>R17. about knowing there are situations when they should ask for permission and also when their permission should be sought</p> <p>R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)</p> <p>R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe</p> <p>R20. 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; importance of keeping trying until they are heard</p> <p>R22. about how to treat themselves and others with respect; how to be polite and courteous</p> <p>R24. how to listen to other people and play and work cooperatively</p> <p>R25. how to talk about and share their opinions on things that matter to them</p>	<p>R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private</p> <p><b>Year 2 only-</b></p> <p>H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)</p> <p>H27. about preparing to move to a new class/year group</p> <p>L2. how people and other living things have different needs; about the responsibilities of caring for them</p> <p><b>HAL week-</b></p> <p>H1. about what keeping healthy means; different ways to keep healthy</p> <p>H2. about foods that support good health and the risks of eating too much sugar</p> <p>H3. about how physical activity helps us to stay</p>

<p>identify feelings associated with this; to recognise what helps people to feel better</p>	<p>H37. about things that people can put into their body or on their skin; how these can affect how people feel  H24. how to manage when finding things difficult</p>	<p>healthy; and ways to be physically active everyday  H4. about why sleep is important and different ways to rest and relax  H5. simple hygiene routines that can stop germs from spreading  H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy  H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health  H8. how to keep safe in the sun and protect skin from sun damage  H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV  H10. about the people who help us to stay physically healthy  H13. how feelings can affect people's bodies and how they behave  H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things  H16. about ways of sharing feelings; a range of words to describe feelings  H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)  H18. 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  H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it</p>
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**Computing objectives:**

H34. 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

R14. that sometimes people may behave differently online, including by pretending to be someone they are not

L7. about how the internet and digital devices can be used safely to find things out and to communicate with others

L9. that not all information seen online is true