



PHSE/RSE KEYSTAGE 1 CYCLE B



Autumn 1 Respectful Relationships

To know we are all special, unique and have many talents.

R8: To identify and respect the differences and similarities between people.

R13: To recognise different types of teasing and bullying, to understand that these are wrong and unacceptable.

R14: To have strategies to deal with teasing or bullying, if they experience it or witness it, whom to go to and how to get help.

L3: That people and other living things have rights and that everyone has responsibilities to protect those rights (including protecting others' bodies and feelings; being able to take turns, share and understand the need to return things that have been borrowed)

Autumn 2 Being Safe

H13: To know about people who look after them, their family networks, who to go to if they are worried.

H15: To recognise that they share a responsibility for keeping themselves and others safe, when to say yes / no / I'll ask / I'll tell.

H16: What is meant by privacy; their right to keep things private; the importance of respecting others' privacy.

R1: To communicate their feelings to others, to recognise how others show feelings and how to respond.

R3: To know the difference between secrets and surprises (that everyone will find out eventually) and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid.

R10: To judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond.

Spring 1 - Online Relationships

H12: To know rules for and ways of keeping physically and emotionally safe including responsible ICT use and online safety.

H15: To recognise that they share a responsibility for keeping themselves and others safe, when to say Yes / No, I'll ask /I'll tell.

- The rules and principles for keeping safe online, how to recognise risk, harmful content, and how to report them.
- How information and data is shared and used online.

Spring 2 - Health and Prevention

H1: To know what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health.

H6: To know the importance of, and how to, maintain personal hygiene.

H7: How some diseases are spread and can be controlled; the responsibilities they have for their own health and that of others; to develop simple skills to help prevent disease spreading.

H11: To know that household products, including medicines, can be harmful if not used properly.

Summer 1 - Internet Safety and Harm

H1: To know what constitutes, and how to maintain a healthy lifestyle including the benefits of physical activity and rest.

- That for most people the internet is an integral part of life and has many benefits.
- About the benefits of rationing time spent on line, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and the others' mental and physical wellbeing.

Summer 2 - Basic First Aid

L10: To know about 'special people' who work in their community and who are responsible for looking after them and protecting them; how people contact those special people when they need help, including dialling 999 in an emergency.

- To know how to make a clear and efficient call to emergency services if necessary.