

# Year 1

## **Health and Wellbeing:**

What is meant by a healthy lifestyle and how to maintain, manage risks and the different influences of physical, mental and emotional health and wellbeing. Managing change, including puberty, transition and loss. How to make informed choices about health and wellbeing, including keeping physically and emotionally safe, and to recognise sources of help with this including how to respond in an emergency.

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

H2. To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences.

H3. To think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals.

H4. About good and not so good feelings, a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings.

H5. About change and loss and the associated feelings (including moving home, losing toys, pets or friends).

H6. The importance of, and how to, maintain personal hygiene.

H8. About the process of growing from young to old and how people's needs change.

H11. That household products, including medicines, can be harmful if not used properly.

H12. Rules for and ways of keeping physically and emotionally safe including responsible ICT use and online safety, road safety, cycle safety and safety in the environment, rail, water and fire safety.

H13. About people who look after them, their family networks, who to go to if they are worried and how to attract their attention.

H14. About the ways that pupils can help the people who look after them to more easily protect them.

H15. To recognise that they share a responsibility for keeping themselves and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell' including knowing that they do not need to keep secrets.

## **AFL Questions**

- ***What helps us stay healthy?***
- ***How can we keep ourselves safe?***
- ***What different types of feelings are there?***
- ***If something or someone made you feel angry what could you do?***
- ***What makes you special?***

## **Relationships:**

How to develop and maintain a variety of health relationships, within a range of social/cultural contexts. How to recognise and manage emotions within a range of relationships. How to recognise risky or negative relationships including all forms of bullying and abuse and how to respond and ask for help. How to respect equality and diversity in relationships.

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

R2. To recognise that their behaviour can affect other people.

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

R4. To recognise what is fair and unfair, kind and unkind, what is right and wrong.

R5. To share their opinions on things that matter to them and explain their views through discussions with one other person and the whole class.

R6. To listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation).

R7. To offer constructive support and feedback to others.

R9. To identify their special people (family, friends, carers), what makes them special and how special people should care for one another.

R10. To judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them).

R11. That people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable).

R12. To recognise when people are being unkind either to them or others, how to respond, who to tell and what to say.

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

## **AFL Questions**

- ***How can we show our feelings to others?***
- ***Why is it important to share secrets that make us feel worried?***
- ***Who are your special people and what makes them special to you?***
- ***Is all physical contact good? Can you think of acceptable physical contact and unacceptable physical contact?***
- ***If you saw someone on the playground being spoken to unkindly, what could you do?***

## **Living in the wider world**

Respect for self and others, including diversity and equality within different groups and communities, and how to be a productive member of a diverse community. Rights and responsibilities as family members and citizens and the importance of responsible behaviours and actions. A basic understanding of enterprise, where money comes from, keeping safe and the importance of managing in effectively.

L1. How they can contribute to the life of the classroom and school.

L2. To help construct, and agree to follow, group, class and school rules and to understand how these rules help them.

L4. That they belong to different groups and communities such as family and school.

L5. What improves and harms their local, natural and built environments and develop strategies and skills needed to care for these (including conserving energy).

L6. That money comes from different sources and can be used for different purposes, including the concepts of spending and saving.

L7. About the role money plays in their lives including how to keep it safe, choices about spending or saving money and what influences those.

L8. Ways in which they are all unique; understand that there has never been and will never be another 'them'.

L9. Ways in which we are the same as all other people; what we have in common with everyone else.

L10. About the '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 their help, including dialling 999 in an emergency.

## **AFL Questions**

- ***What can we do with money?***
- ***What do we mean by a 'community'?***
- ***What can we do to help look after the environment?***
- ***Who can we turn to for help?***
- ***Why are rules important?***