



FLORENCE MELLY COMMUNITY PRIMARY SCHOOL

YEAR 1 RSHE CURRICULUM OVERVIEW

IF YOU CAN DREAM IT, YOU CAN DO IT!



Year 1 Relationship, Sex and Health Education Programme Overview

| Broad Topics | | Key Vocabulary | Topic overview | | |
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| Healthy and Happy Friendships | Forming friendships and how kind or unkind behaviours impact other people. | Friend, friendly, kind, unkind, welcoming, happy, sad, share | Friends - exploring healthy and happy friendships. Pupils focus on forming friendships and what makes a good friend. | Kindness - exploring healthy and happy friendships. Pupils focus on kind and unkind behaviours and how the actions of others can impact on people's feelings. | Getting along, sharing and turn taking - helps pupils understand that although we may not be friends with everyone, we can still work together and be kind to one another. |
| Similarities and Differences | Similarities and differences between people and how to respect and celebrate these. | Similarity, difference, special, unique, strengths, abilities | I am special - exploring similarities and differences. Pupils are helped to recognise similarities and differences between one another, but also celebrate the unique strengths that everyone has. | Who I am makes me unique - exploring similarities and differences. Pupils develop their learning from the previous lesson by looking at the importance of respecting others' differences. | We don't all feel the same way - exploring similarities and differences. It develops learning from the previous lesson by looking at people's feelings and how they might have different reactions and feelings towards the same things. |
| Caring and Responsibility | Identifying who our special people are and how they keep us safe. | Special, people, important, care, safe, worried, nervous, scared, help, helper, rules, safe, unsafe | My special people - exploring the special people in our lives. Pupils focus on who these people are and why they are special. | How our special people care for us - exploring the special people in our lives. Pupils will consider how special people care for us and keep us safe, identify feelings and sensations of anxiety and worry, and identify who can help if we are feeling worried, scared or nervous. | Keeping safe - exploring the special people in our lives. Pupils focus on how we can use rules set by our special people to keep ourselves and others safe in a variety of settings. |
| Families and Committed Relationships | What a family is (including difference and diversity between families), and why families are important and special. | Family, important, differences, similarities, happy, special, superhero | My family - exploring the importance and diversity of families, and healthy, positive family relationships. Pupils focus on what a family is and why families are important. | Our families - exploring the importance and diversity of families, and healthy, positive family relationships. Pupils focus on the differences and similarities between families. | Superhero families - exploring the importance and diversity of families, and healthy, positive family relationships. Pupils focus on why families are special. |
| Healthy Bodies, Healthy Minds | Our bodies and the amazing things they can do. Learning the correct names for different body parts. | Body, healthy, private, penis, testicles, vulva, vagina, smilier, different, health, healthy, choices | My amazing body - pupils learn all about their bodies, and everything their bodies can do for them. Pupils focus on parts of the body which are visible to everyone, and introduces basic ways to keep bodies healthy. | Private body parts - pupils learn all about their bodies, and everything their bodies can do for them. Pupils focus on teaching pupils the correct names for their genitalia. | Looking after our bodies - pupils learn all about their bodies, and everything their bodies can do for them. Pupils investigate ways in which they can keep their bodies healthy. |
| Coping with Change | Growing from young to old and how we have changed since we were born. | Growing, adults, babies, change, older, growing up, jobs, future | Animal babies - exploring growing up and how pupils have changed since they were born. Pupils focus on how animals grow from babies to adults, just like humans do. | How have we changed? - exploring growing up and how pupils have changed since they were born. Pupils are introduced to the concept of growing up and how pupils are becoming more independent in caring for themselves in many ways. | A future me - exploring growing up and how pupils have changed since they were born. Pupils focus on helping pupils to understand how they will grow and change in the future, and encouraging them to think about what they might like to do when they are older. |