



Year 1 2021 – 2022

RSHE

Long Term Plan

Term	Objectives	Cross curricular	Examples of English or Reciprocal Reading text Or Resources
Throughout the year <i>Carina friendships</i> <i>Health and Prevention</i>	<u>Ss1. What is and is not telling the truth.</u> <u>Ss2. To understand the importance of turn taking. (Reciprocal reading, structured play)</u> <u>R6. What is kind and unkind behaviour and how kindness makes them feel.</u> <u>Hw2. That they should wash their hands to prevent germs spreading.</u>		<ul style="list-style-type: none"> • Show and tell • Talent show • Dirty Bertie
Autumn 1 <i>Families and People who care for me</i> <i>Respectful relationships</i>	<u>R1. What makes them special (this can include culture, religion, race etc).</u> <u>R9. That their choices can impact the emotions of them and others.</u> <u>R10. To celebrate and share their similarities and differences (hobbies, race, religion, culture, interests).</u>		<ul style="list-style-type: none"> • Giraffes can't dance • Mixed • The world made of a rainbow

<p>Autumn 2</p> <p><i>Families and People who care for me</i> <i>Carina friendships</i> <i>Being safe</i></p>	<p><u>R2. Common characteristics of family life (care, spending time together, protection).</u></p> <p><u>R3. That families can provide love and safety.</u></p> <p><u>R4. What makes them feel happy and safe with their family.</u></p> <p><u>R5. How to be a good friend and to ask for help if they are finding it difficult to make or maintain friendships.</u></p> <p><u>R7. How to build new friendships in safe settings.</u></p> <p><u>R8. How to make others feel welcomed and not excluded</u></p> <p><u>Ss8. To identify boundaries of play for different children.</u></p> <p><u>Ss9. To understand personal space.</u></p>		<ul style="list-style-type: none"> • Kind • The Squirrels who Squabbled • The Heart and the Bottle • Knuffle bunny • The Smeds and the Smoos • Happy families, Alan Alhberg • Turn taking games
<p>Spring 1</p> <p><i>Internet safety and Harm</i></p>	<p><u>Hw8. The positives of having screen free time.</u></p> <p><u>Hw9. How and why to tell a trusted adult about an online worry.</u></p>		<ul style="list-style-type: none"> • Staying safe on the internet PPT • SMART rule.
<p>Spring 2</p> <p><i>Being safe</i></p>	<p><u>Ss3. What secrets are.</u></p> <p><u>Ss4. That their main body parts (penis, vulva, buttocks) covered by their underwear/pants are private.</u></p> <p><u>Ss5. That their body parts covered by pants/underwear belong to them.</u></p> <p><u>Ss6. To understand public vs private (e.g. hygiene routines, using the toilet, clothing).</u></p> <p><u>Ss7. Who their trusted grown-ups are.</u></p>	<p>Science</p>	<ul style="list-style-type: none"> • NSPCC Pantasaurus • NSPCC Pants rule • 'Me' KS1 PPT slide
<p>Summer 1</p> <p><i>Health and Prevention</i> <i>Mental wellbeing</i></p>	<p><u>Hw4. To name a variety of emotions and how they make them feel and act.</u></p> <p><u>Hw1. That dental hygiene is good for their health.</u></p> <p><u>Hw3. How to protect their skin from unsafe exposure to the sun.</u></p>	<p>Science</p>	<ul style="list-style-type: none"> • Giraffes can't dance • Ruby's Worry • The world made of a rainbow • Our feelings PPT
<p>Summer 2</p> <p><i>Mental wellbeing</i> <i>Physical health and fitness</i> <i>Being safe</i></p>	<p><u>Hw7. What exercise is and how being active benefits their body.</u></p> <p><u>Hw5. What exercise is and how being active benefits their mind.</u></p> <p><u>Hw6. That a sense of belonging can impact on their identity.</u></p> <p><u>Ss10. That being online is fun but sometimes they might see or hear something that worries them.</u></p>	<p>PE</p> <p>Computing</p>	<ul style="list-style-type: none"> • A Little Bit Brave • The Lion Inside • Owl Babies • Fitness circuit cards

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