

RHE	Healthy Happy Friendships Similarities & Differences	Year group: 1	Term: Autumn
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Prior Knowledge

In Early years the children will have learned about making relationships
Self-confidence and self-awareness
Managing feelings and behaviour

Skills to be taught:

How to get on with others
How to be friendly and kind
How to treat others with respect

Key Knowledge

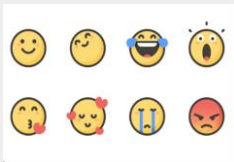
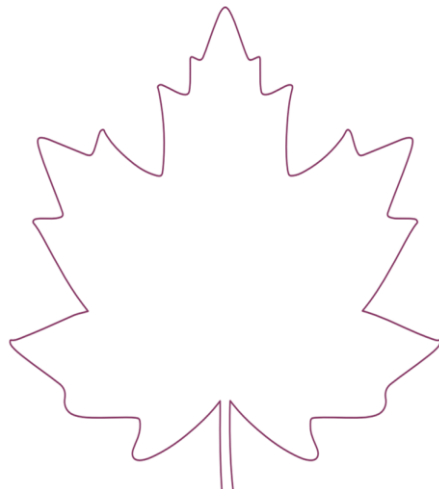
- Qualities in a good friend
- Ways to describe a friend and know what makes a good friend
- Know how to resolve difficulties
- Know what to do if a friendship makes us unhappy
- Know how to share and take turn
- To know we all have similarities and differences
- To know what makes us special
- To be able to describe how people are unique
- Identify a range of feelings
- Explain that not everyone feels the same way about things

Key vocabulary:

Friendly, kind, unkind,
welcoming, happy, sad, take turns, share

Similarity, difference,
special, unique,

Friendship leaf



RHE	Caring & responsibility Families & Committed Relationships	Year group: 1	Term: Spring
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Prior Knowledge
 In Early years the children will have learned about making relationships
 Self-confidence and self-awareness
 Managing feelings and behaviour

Key vocabulary:
 Special people, important, care, safe, worried, nervous, scared, help, helper, rules, safe, unsafe

Family, important, differences, similarities, happy



Skills to be taught:
 To name special people
 To recognise their emotions
 Ways to keep safe
 Describe what the people in families do

Name _____ Date _____

Families and committed relationships
My family jigsaw

Draw a family member in each jigsaw piece. If you have lots of people in your family, draw more than one person in a piece.

Key Knowledge

- To know who special people are
- To know why special people are important
- Know where to get advice
- Have a varied vocabulary of words when talking about feelings
- Rules to keep safe

- Know why rules are important
- Know what a family is and that there are different types of families
- To know why families are important

RHE	Healthy body and healthy mind Coping with change	Year group: 1	Term: Summer
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Prior Knowledge
In Early Years the children will have learned about food that keep us healthy and to be active

Skills to be taught:
To name parts of the body
Describe ways in which bodies are similar and different
Describe how adult animal care for their young

Key Knowledge

- To know the different parts of the body and what they do
- How to keep our bodies healthy
- Know the correct names for body parts
- Explain why and how we look after our bodies
- Know that animals have babies that grow into adults
- Name baby animals of different species
- Know that animals have families like animals do
- Identify things a baby needs
- Identify ways we have changed since a baby
- Describe things we can now do without a grownup
- Know how we can control our future and how we will grow and change

Key vocabulary:
Body, healthy, private, penis, testicles, vulva, vagina, silimar, different, health, healthy choices

Growing, adults, babies, change, older

