

RSHE Curriculum 2023/24 – Years 1 & 2

	Autumn 1	Autumn 2
Topic	Families and Friendships. Safe Relationships Children will learn about people who care for them, and how to keep their bodies safe.	Respecting Ourselves and Others. Belonging to a Community. Children will learn how behaviour affects others. Children will learn what rules are, how to care for others and the environment.
Knowledge	<ul style="list-style-type: none"> • Know about people who care for them. • Know the role these different people play in children's lives and how people care for them. • Know how families are different, including same sex families. • Know about the importance of telling someone and how to tell them if they are worried about someone in their family. • Know about situations when someone's body or feelings might be hurt and who to go to for help if needed. • Know about what it means to keep something private, inc body parts. (Pantosaurus). Know the scientific names for genitalia; vulva, vagina, penis, testicles. • Know different types of touch, e.g. tickling, punching, kissing. • Know how different types of touch make people feel. • Know how to respond if being touched makes them uncomfortable or unsafe. • Know it is important to ask for permission to touch others. • Know how to ask for permission to cuddle someone, for example. • Know how to give or not give permission through play, for example. 	Know what kind and unkind behaviour looks like in and out of school. <ul style="list-style-type: none"> • Know how kind and unkind behaviour can make people feel. • Know what respect means. • Know about class rules and why we should follow them and how this links to keeping safe. • Know about examples of different rules in different situations and why it is important to follow them (e.g) rules at home and rules outside. • Know that different people have different needs, inc disability/SEN • Know how to care for people in different ways, inc caring for the elderly. • Know how to care for animals in different ways. • Know how to care for and look after the environment (eg) recycling
Vocab	<i>care, family, permission, appropriate touch, inappropriate touch, privacy/private, penis, testicles, vagina, vulva.</i>	<i>Kindness, unkindness, respect, safety, disability, elderly, environment.</i>



RSHE Curriculum 2023/24 – Years 1 & 2

	Spring 1	Spring 2
Topic	Keeping Safe. Media Literacy and Digital Resilience. Children will learn how rules and age restrictions help us, how to keep safe online, and how to use the internet and digital devices safely.	Money and Work. Children will learn what money is, needs and wants and how to look after money.
Knowledge	<ul style="list-style-type: none"> • Know that some things have age restrictions (TV, films, games, play areas) to keep us safe. • Know how to keep safe online (e.g) parental controls on devices, choosing the correct apps which are age appropriate, report to adults if contact with strangers is made, don't give out personal information. • Know who to tell if they see something online that makes them feel unhappy, worried or scared. • Know why people use the internet and how people access it. • Know the benefits of using the internet and digital devices in everyday life. • Know how people find things out and communicate safely with others online. • Know the risks with using the internet unsupervised. • Know that some content on the internet is factual and some is entertainment and some information may not be true. 	<ul style="list-style-type: none"> • Know about what money is. • Know that money can come in different forms (eg) coins, notes, credit cards, bank cards, vouchers. • Know about the different ways of paying for things (eg) debit cards and electronic payments, inc use of card reader (swipe, tap, passcode etc) • Know how money can be kept and looked after. • Know about getting, keeping and spending money. • Know that people are paid for the job they do. • Know that people choose a job for salaries, hours, enjoyment. • Know how to recognise the difference between wants and needs, and how people then choose to spend their money based on wants and needs.
Vocab	<i>Internet, risks, devices, apps, online, age restrictions. age appropriate.</i>	<i>money, wants, needs, salary, employment.</i>



RSHE Curriculum 2023/24 – Years 1 & 2

	Summer 1	Summer 2
Topic	Physical Health and Mental Wellbeing. Children will know why sleep is important, medicines and keeping healthy, keeping teeth healthy and managing feelings.	Growing and Changing. Children will learn about growing older, and dealing with transition to a new class.
Knowledge	<ul style="list-style-type: none"> • Know about routines and habits for maintaining good physical health (eg) 60 minutes exercise a day every day. • Know that medicines, including vaccinations and immunisations, can help people stay physically healthy and manage allergies. • Know about things that people put into their body or onto their skin e.g medicines and creams, and how these can affect how people feel. • Know the importance of a teeth brushing routine supported by parents. • Know about visiting a dentist and the routine. • Know about food and drink that affect dental health. • Know about routines and habits for maintaining good mental health (eg) hobbies, outdoor time, playtime, feeling safe at home and school. • Know why sleep is important for growing (eg) bedtime routines, 9 – 12 hours of sleep, brain growth. • Know ways to feel good. • Know ways to calm down. • Know ways to change their mood. • Know how to manage big feelings, including change, loss and bereavement. • Know when to and how to ask for help, and how to help others with their feelings. 	<ul style="list-style-type: none"> • Know about the human life cycle and how people grow from young to old. • Know how our needs change as we grow up. (eg) dependency as a baby, eating independently, making choices independently. • Know how our bodies change as we grow up. (eg) unable to walk, then crawl, then walk, grow taller. • Know how our opportunities change as we grow up (eg) football clubs, School Council, pen licence. • Know how our responsibilities change as we grow up (eg) reading book, packing PE kits, tidying bedroom. • Know about how to prepare to move to a new class. (eg) meet the new teacher, ask questions. • Know how to set new goals for the year ahead.
Vocabulary	<i>Emotions, bereavement, routine, physical health, mental health, habits</i>	<i>Life cycle, independent, responsibility, goals, aspirations, transition, change.</i>



RSHE Curriculum 2024/25 – Years 1 & 2

	Autumn 1	Autumn 2
Topic	Families and Friends. Safe Relationships. Children will learn about positive friendships, and how to resolve arguments. Children will learn about bullying and how to keep themselves safe.	Respecting Ourselves and Others. Belonging to a Community. Children will learn about co-operation with peers and in society, and will understand their rights and responsibilities in the wider community.
Knowledge	<ul style="list-style-type: none"> • Know how to be a good friend (eg) being kind, honest, listen, be proud. • Know how to make new friends. • Know different ways you could meet new people. • Know strategies for positive play (eg) including others, joining in. • Know why arguments start in friendships, and know how to positively resolve them. • Know when and how to ask for help if you feel lonely or sad. • Know what hurtful behaviour is. • Know what to do if they see hurtful behaviour or experience it, offline and online. • Know what bullying is. • Know how someone may feel if they are being bullied. • Know about happy surprises and how they make you feel. • Know about secrets, and what to do if a secret makes you feel uncomfortable or worried. • Knows how to resist pressure when something feels unsafe or uncomfortable. • Know how to ask for help. 	<ul style="list-style-type: none"> • Know the things that friends have in common with each other. • Know that friends can be different to one another. • Know how to play co-operatively in different groups and different situations. • Know how to share ideas and have tolerance for other people's ideas. (eg) confident speaking, eye contact, full sentences. • Know how to listen to others. (eg) eye contact • Know how to take part in discussions. (eg) full sentence speaking, circle time, turn taking. • Know how to give reasons for their views. (eg) sentence stems. • Know about being part of different groups (eg) faith groups, after school club, families, friendships, school. • Know about their rights in school. • Know about their responsibilities in school. • Know about their individual liberty in school and the wider community. • Know about their rights and responsibilities in the wider community. • Know how a community can help people from different groups feel included. • Know that we are all equal. • Know that they have similarities and differences to people in the community.
Vocab	<i>Happy surprises, secrets, bullying, hurtful, positive play, resolve, arguments.</i>	<i>Community, rights, responsibilities, co-operate, similarities, differences</i>



RSHE Curriculum 2024/25 – Years 1 & 2

	Spring 1	Spring 2
Topic	Staying Safe Children will learn about safety in different environments, including home and emergencies.	Money and Work Children learn about strengths and interest and jobs in the community.
Knowledge	<ul style="list-style-type: none"> • Know how to recognise risk in everyday situations. (eg) doors closing, I Pad leads, garden gate open. • Know how to use the Green Cross Code. (eg) hold an adult's hand, zebra and pedestrian crossing. • Know about water safety in a swimming pool (eg) adult supervision, swimming aids, lifeguards. • Know about rail safety (eg) identify flashing red lights, stand at the barrier, cross over the bridge, stand behind the yellow line at train platforms, hold parents' hand. • Know how to keep safe in school. (eg) follow school rules, fire alarm. • Know how to keep safe out and about (eg) stay close to your adult, hold hands, listen. • Know who is responsible for keeping them safe. • Know how to help keep themselves safe at home, (eg) electrical appliances, fires, medicines and household products. • Know the stop, drop, roll rule if clothing catches fire. • Know how to respond if there is an accident and someone is hurt. (eg) tell an adult • Know about whose job it is to keep us safe. • Know how to get help in an emergency, including 999 and what to say on a 999 call. • Know that it is ok to say no to anything that makes us feel unsafe. • Know that a stranger is someone we don't know well, or at all. • Know that many strangers are kind, but some can be unkind. • Know that it is ok to shout loud if you feel unsafe. • Know which strangers are safe (police officers, doctors, shopkeepers). • Know that we might meet strangers online. • Know to tell a trusted adult if they feel unsafe 	<ul style="list-style-type: none"> • Know that everyone has different strengths in and out of school. • Know about how different strengths and interests are needed to do different jobs. (eg) explore jobs that encourage diversity and gender equality in the workplace, break down stereotypes. • Know about people whose job it is to help us in the community. (eg) police officers, nurses, shopkeepers, teachers etc. • Know about different jobs and the work people do.
Vocab	<i>safe, unsafe, danger, rules, help, trusted adult, emergency, risk, pedestrian crossing, zebra crossing,</i>	<i>Strengths, interests, aspirations, career, job, community.</i>



RSHE Curriculum 2024/25 – Years 1 & 2

	Summer 1	Summer 2
Topic	Physical Health and Mental Wellbeing Children will learn about how to keep physically and mentally healthy; including hygiene.	Growing and changing Children will learn what makes them unique and special and be able to manage their feelings.
Knowledge	<ul style="list-style-type: none"> • Know what it means to be physically healthy and why it is important. • Know what it means to be mentally healthy and why it is important. • Know ways to take care of themselves on daily basis. (morning routine, and bedtime routine) • Know about basic hygiene routines e.g. handwashing. • Know about 5 a day food. • Know about unhealthy foods (eg) fast food and sugar intake. • Know about the importance of physical activity every day. (eg) 1K a day • Know about different types of play, including balancing indoor and outdoor and screen-based play. • Know about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors. • Know how to keep safe in the sun. (eg) sunhat, sunglasses, sun cream, shade 	<ul style="list-style-type: none"> • Know what makes them special and unique including likes and dislikes. • Know what they are good at. • Know how to manage and who to tell when things are difficult. • Know how to manage and who to tell when things go wrong. • Know how they are the same as others. • Know how they are different to others. • Know how to describe and share a range of feelings. (eg) happy, sad, angry, worried. • Know coping strategies for each of the big feelings, happy, sad, angry and worried. • Know how to talk about big feelings to other people, and seek help if needed.
Vocab	<i>Healthy, unhealthy, active, hygiene, sun-safety, routine, balance</i>	<i>Happy, sad, angry, worried, special, unique, strategies</i>

