Y1 PSHE/RSE Curriculum

NCEA WARKWORTH PRIMARY SCHOOL

Autumn	**My healthy self:** How can we look after our emotions?	**Connecting with others:** How can I help myself and others feel happy and safe?
Year 1	• Recognise happiness, sadness, anger, fear, surprise and disgust, and the feelings linked to them. • Faces and body language can give clues about how someone feels. • All feelings are normal, can change and can feel stronger or weaker. • Rest, enjoyable activities and a good bedtime routine can help us feel better. • Repeatedly being hurt or left out can affect how someone feels. • Talking to a trusted adult can help with worries or strong feelings.	• Everyone is unique, important and has different strengths, likes and dislikes. • Families show love and care by helping and spending time together. • Good friends are kind, helpful and make others feel included. • Listening, sharing, taking turns and polite words show respect. • Disagreements happen; pausing, talking calmly and saying sorry can help. • A trusted adult can help if a friendship or home situation feels unsafe.
Spring	**The online world:** How do we spend time online?	**Citizenship:** How can I help others and the environment?
Year 1	• TVs, tablets, phones, games consoles and smart speakers can connect to the internet. • People go online to learn, play and communicate. • Kind words, listening and taking turns matter online as well as in person. • Too much screen time can interrupt sleep, play and other healthy habits. • Some online content is unsuitable for children; an adult should check unfamiliar apps or websites. • Tell a trusted adult if something online feels upsetting, worrying or unsafe.	• Babies and young children need adults to help them eat, sleep, dress and stay clean. • Different pets need different kinds of care. • Everyone can help care for the school and local environment. • Rules help people live safely, happily and fairly together. • Listening to other people helps us understand their ideas. • Voting gives everyone a say, even when their preferred choice does not win.
Summer	**Health protection:** How can I protect myself and others in daily life?	**Staying safe:** How can I stay safe?
Year 1	• Unseen germs can spread through hands, surfaces, coughs and sneezes. • Washing with soap and water, covering coughs and binning tissues help prevent illness. • Doctors, nurses and dentists help us stay healthy; medicines and vaccines can help too. • First aid is immediate help for illness or injury; children should get an adult, especially for head bumps. • Covering skin, wearing a hat and drinking water help protect us in hot weather. • Describe pain or illness clearly to an adult; 999 is the number for emergencies.	• Safety rules help prevent harm and some household items must only be used with an adult. • Know the Stop, Look and Listen rule for crossing roads with an adult, and why helmets matter. • Bodies can give warning signs when something feels unsafe, such as a racing heart. • Private body parts include the penis, testicles, vulva and vagina, and our bodies belong to us. • We should never touch or taste an unknown substance, or go near water without adult supervision. • Tell a trusted adult about unsafe touch, worrying secrets or harm; it is never the child's fault.