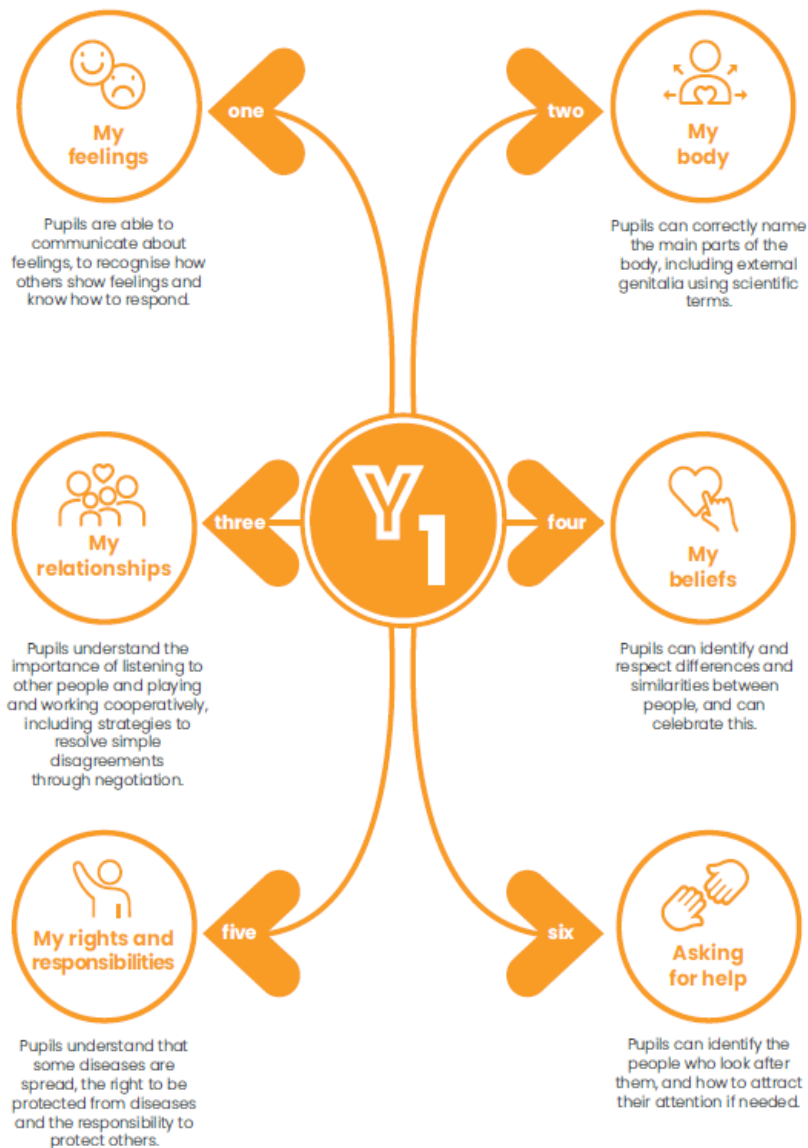




RSHE in Year 1



Y1 scheme of work

Key Vocabulary

emotions

feelings

penis

vulva

communication

similarities

differences

disease

bacteria

problem

help



RSHE in Year 1

Lesson one: My feelings



Lesson aim:

Pupils are able to communicate about feelings, to recognise how others show feelings and know how to respond.



Learning outcomes:

- I can describe my feelings
- I understand that people react differently to their feelings
- I know that all feelings are OK, but some behaviours are not

Lesson two: My body



Lesson aim:

Pupils can correctly name the main parts of the body, including external genitalia using scientific terms.



Learning outcomes:

- I can correctly name the main parts of the body
- I can name the private part of the body that boys have
- I can name the private part of the body that girls have

Lesson three: My relationships



Lesson aim:

Pupils understand the importance of listening to other people, playing and working co-operatively, including strategies to resolve simple disagreements through negotiation.



Learning outcomes:

- I can actively listen to other people
- I have thought about ways of communicating effectively
- I have considered ways to resolve disagreements through negotiation



RSHE in Year 1

Lesson four: My beliefs



Lesson aim:

Pupils can identify and respect differences and similarities between people, and can celebrate this.



Learning outcomes:

- I know I am the same as other people in some ways
- I know I am different to other people in some ways
- I can celebrate the similarities and differences that people have

Lesson five: My rights and responsibilities



Lesson aim:

Pupils understand that some diseases are spread, and that they have the right to be protected from diseases and the responsibility to protect others.



Learning outcomes:

- I know some ways that diseases are spread
- I know some ways that I can protect myself from diseases
- I know some ways that I can protect others from diseases

Lesson six: Asking for help



Lesson aim:

Pupils can identify the people who look after them and how to attract their attention if needed.



Learning outcomes:

- I know the people that can help look after me
- I have identified people I can ask for help
- I can ask for help if I need to