

## Keeping safe and looking after myself

Year 1 pupils will learn the importance of keeping themselves healthy and safe. They will learn about healthy diets and how to prepare food safely. This links with our Design and Technology topics, where children make fruit kebabs. Children will learn about basic food hygiene and how to ensure food is safe for others to eat.

Learning how to keep themselves safe in different situations is important for children. Through class discussions, stories and assemblies, they identify people who can help them, who they can talk to about their worries and ways to keep safe in specific situations (for example road safety and Bonfire Night). Our school also takes part in Safer Internet Day, enabling our children to understand early aspects of online safety.



## People who help me

Through lessons, stories and assemblies, children will identify the people they can ask for help, or who they can speak to if they are unsure or worried about something. This includes family members, trusted adults both at home and at school, as well as those in public services, such as the Police.

Children will continue to learn about the roles of people in the community and how they can help them in different ways.

## Living in our World

We aim for our pupils to become responsible young people who care for their world and environment. In Year 1, children will learn about the problem of litter and how this can be dangerous for people and animals. They will learn about other ways the local area can be spoiled or made unsafe. Pupils learn ways that they can make a difference and care for the environment, such as putting litter in the bin and recycling.

## Further Information for parents and carers

We aim to work in partnership with parents and carers by ensuring stakeholders are well informed about curriculum content. We welcome your questions and are happy to share resources and teaching materials. Please contact your child's class teacher if you would like more information.

DFE information for parents:

<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-school>

## Useful websites

If you would like to find out more look at our school website:

[www.nunthorpeprimary.org.uk](http://www.nunthorpeprimary.org.uk)

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents>

# Nunthorpe Primary Academy

What is PSHE including RSE?

Year 1

My body and my health

Relationships

Life Cycles

Keeping safe and looking after myself

People who help me

Feelings and attitudes

Mental wellbeing

Living in our world



## Why do we teach RSHE?

Relationships and Health Education is a statutory part of the National Curriculum.

It helps children to make informed decisions about relationships and friendships, emotional well-being, staying safe both on and offline and changes in their life and to their bodies. It supports our children in preparing for all opportunities, challenges, life decisions and responsibilities that they'll face.

This leaflet gives information on the RSHE curriculum we deliver and the use of themes and progressive vocabulary to talk about well-being, health and relationships at an age appropriate level.

## Relationships

In Year 1 children continue to learn about relationships, particularly those with their family members, friends and peers.

Children will learn about the qualities of friendship and the different ways that they can be a good friend to others. They will learn how they can expect to be treated by other people and about the feelings associated with friendship.

An important aspect of this learning is understanding that our words and actions can affect other people. Children will learn how to repair relationships when things go wrong and begin to develop empathy and an understanding of others feelings.

This builds on what children have learned in the Early Years Foundation Stage and will be taught through discussions, children's stories and activities from Yasmin and Tom. Our school also takes part in Anti-Bullying Week, to promote positive relationships within our school community.

## My body and my health

Children will build upon previous learning in Reception when learning about their bodies this year. They will learn that their body belongs to them and that they are becoming responsible for taking care of themselves. Children will learn about the importance of sleep, exercise and a healthy diet. Dental hygiene and how to take care of teeth will continue to be taught to Year 1 pupils.

Children will learn that not all bodies are the same and celebrate the different things that bodies can do. Pupils will recognise and name the main features of the human body, using the biological names for the male and female body parts. This is taught in an age-appropriate way, using an FPA approved scheme called Yasmin and Tom.

Children will also learn what they can do in an emergency and how to contact emergency services by dialling 999.

The 'pants rule' covered in Rec will be revisited with the children as a class.

## Life cycles

Year 1 pupils will learn how they have grown and how their bodies have changed since they were a baby.

Children will use language such as 'baby', 'toddler', 'child' and 'adult' when talking about how humans grow. Children may wish to share photographs of themselves as a baby and compare how they look and their abilities now.

This learning links to our Science curriculum, where children learn how plants, animals and humans grow and change.



## Feelings and attitudes

This strand links closely with Mental Health and Wellbeing learning in Year 1.

Children will learn to name different feelings and understand how emotions are different from behaviour. They will learn that all emotions are okay, but not all types of behaviour are acceptable. Children will continue to learn strategies for managing their responses to strong emotions, such as talking to a trusted adult.

Children will identify the attitudes and positive qualities that make them who they are. They will explore how to be resilient, why mistakes are okay and how to help themselves overcome challenges. We aim for children to develop a positive image of themselves and have confidence in their abilities.

## Mental Wellbeing

Children will learn to name different feelings and emotions, to help them talk about their experiences. Understanding that all feelings are acceptable and are a normal part of life will be taught in this strand.

Learning strategies for regulating emotions and identifying trusted people that they can speak to about their feelings is important for children.

We will explore a range of emotions through linking colours to emotions. They will write acrostic poems about their feelings.