



PSHE/RHE Year 1

Theme	Children should learn...
My Family	<ul style="list-style-type: none">• That families are important for children growing up because they can give love, security and stability.• That families can be different and that we respect each other's families.• The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.• How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.
Friendships and Relationships	<ul style="list-style-type: none">• How important friendships are in making us feel happy and secure, and how people choose and make friends.• That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.• The conventions of courtesy and manners.• The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.• Practical steps they can take in a range of different contexts to improve or support respectful relationships.• The importance of permission-seeking and giving in relationships with friends, peers and adults.
Staying Safe	<ul style="list-style-type: none">• About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.• What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).• That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.• How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.• How to recognise and report feelings of being unsafe or feeling bad about any adult.• How to ask for advice or help for themselves or others, and to keep trying until they are heard,• Where to get advice e.g. family, school and/or other sources.
Staying safe online	<ul style="list-style-type: none">• That for most people the internet is an integral part of life and has many benefits.• About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.



Uplands Primary School and Nursery

Inspired to Achieve

Physical Health	<ul style="list-style-type: none">• The characteristics and mental and physical benefits of an active lifestyle.• What constitutes a healthy diet• About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.• About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
Mental Health	<ul style="list-style-type: none">• That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.• How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.• That bullying has a negative and often lasting impact on mental well-being.• Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions.
First Aid beginning and end of year	<ul style="list-style-type: none">• How to make a clear and efficient call to emergency services if necessary.
Living in the wider world	<ul style="list-style-type: none">• To follow class and school rules• How to look after the environment
British values and school behaviours	<ul style="list-style-type: none">• The school behaviours are:<ul style="list-style-type: none">○ Respectful, kind, resilient, brave and motivated• The five British Values are:<ul style="list-style-type: none">○ Democracy○ The rule of law○ Individual liberty○ Mutual respect○ Tolerance of those of different faiths and beliefs.