

Year 1 RSE Curriculum Byron Wood Primary Academy

These are the topics that will be taught throughout the year, along with the content of each topic. Each topic is expected to be taught for between 1 and 3 afternoons.

They are likely to be taught in this order, although this is at the discretion of the class teachers, depending on the needs of the class.

What Makes A Family?

Who's in my family?

That families are made up of a special group of people, which changes gradually over time.

- Discussing who is in your family and who has been in the past.

That these people are all connected in different ways, and that these connections are important.

- That people have different roles.

Keeping Friendships healthy

Who is my friend?

That there is a difference between close friends, friends, acquaintances and strangers.

- That the number of friends is not important, it's how well they treat you and how well you know them.

What makes a good friend?

That friends do not always agree with each other, but we can resolve our differences kindly, and with mutual respect.

That difference can be a positive thing in our relationships.

Should friends tell us what to do?

That friends should treat each other well and be fair.

That there is not an ideal number of friends [You can have as many as you like].

That being controlling of other people is bad and that excluding other children is hurtful.

That friends should not tell us what to do, although we should listen politely.

Online Safety

Screen Time

That people need to get the correct balance of time spent online and offline

- What can happen if we spend too much time online?
- Can too much gaming affect our mood?
- When is a sensible bedtime?

Understanding My Feelings

Where do feelings come from?

That we have a range of emotions, depending on our experiences and situations.

What to do when we experience strong emotions.

Build language to talk about feelings.

What helps me to be happy?

The connection between their actions and the feelings of themselves and others.

How our choice of activities can affect our happiness.

Staying Healthy

How do I help my body stay healthy?

That active lifestyles including regular exercise can keep our bodies more healthy.

That some people live with disabilities or are differently abled.

That we can't always have healthy bodies, because sometimes we get ill or injured.

How do we decide what to eat?

The components of a balanced diet.

- What food help you to stay healthy?
- The effects of different food on the body.