

Year 1

Our Safety			Our Relationships			Our Bodies		
To learn how rules keep us safe explore what rules are, why we have them and where rules apply (school/home/wider world) why some things have age restrictions, e.g. TV and film, games, toys or play areas			To learn what a family is what it means to be a family and how families are different, e.g. single parents, same-sex parents, etc.			To learn what healthy means what it means to be healthy and why it is important		
To learn about permission (non-physical) when it is important to ask for permission to touch others how to ask for and give/not give permission about situations when someone's body or feelings might be hurt and whom to go to for help			To learn how families are different what it means to be a family and how families are different, e.g. single parents, same-sex parents, etc.			To learn about healthy daily routines ways to take care of themselves on a daily basis about basic hygiene routines, e.g. hand washing		
To learn about touch to identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches) how to respond if being touched makes them feel uncomfortable or unsafe about situations when someone's body or feelings might be hurt and whom to go to for help			To learn about people who care for us (relatives) about people who care for them, e.g. parents, siblings, grandparents, relatives, friends, teachers the role these different people play in children's lives and how they care for them			To learn about healthy food ways to take care of themselves on a daily basis about healthy and unhealthy foods, including sugar intake		
To learn about privacy (general) about what it means to keep something private about situations when someone's body or feelings might be hurt and whom to go to for help			To learn what to do if you are worried about your family about the importance of telling someone — and how to tell them — if they are worried about something in their family			To learn about healthy activity about physical activity and how it keeps people healthy ways to take care of themselves on a daily basis about different types of play, including balancing indoor, outdoor and screen-based play		
To learn about privacy (bodies) about what it means to keep something private, including parts of the body that are private Name body parts about situations when someone's body or feelings might be hurt and whom to go to for help			To learn about people who care for us (friends) about people who care for them, e.g. parents, siblings, grandparents, relatives, friends, teachers the role these different people play in children's lives and how they care for them			To learn about sun safety how to keep safe in the sun		
To learn about permission (physical) when it is important to ask for permission to touch others how to ask for and give/not give permission about situations when someone's body or feelings might be hurt and whom to go to for help			To learn about bullying about what bullying is The difference between bullying, teasing and being mean What to do if you're being bullied			To learn about people who help us to be healthy about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors		
Our Community			Our Future			Our Feelings and well-being		
To learn how rules are different in different situations about examples of rules in different situations, e.g. class rules, rules at home, rules outside			To learn that everyone has different strengths that everyone has different strengths, in and out of school			To learn about respect about what respect means		
To learn what makes people different Interests. Language, family, home, skin colour, religion			To learn about different jobs and the work people do (people who help us) about how different strengths and interests are needed to do different jobs about people whose job it is to help us in the community about different jobs and the work people do			To learn how rules protect our feelings about class rules, being polite to others, sharing and taking turns what kind and unkind behaviour mean in and out school how kind and unkind behaviour can make people feel how to manage and whom to tell when finding things difficult, or when things go wrong		
To learn that different people have different needs that different people have different needs			To learn about different jobs and the work people do (other jobs children know) about how different strengths and interests are needed to do different jobs about different jobs and the work people do			To learn about different feelings (happy, sad, angry, scared) about different kinds of feelings how to recognise feelings in themselves and others how feelings can affect how people behave how to manage and whom to tell when finding things difficult, or when things go wrong		
To learn how to care for different living things in different ways how we care for people, animals and other living things in different ways			To learn about different jobs and the work people do (other jobs children know) about how different strengths and interests are needed to do different jobs about different jobs and the work people do			To learn about different feelings (proud and jealous) about different kinds of feelings how to recognise feelings in themselves and others how feelings can affect how people behave how to manage and whom to tell when finding things difficult, or when things go wrong		
To learn how to look after the environment how they can look after the environment, e.g. recycling			To learn about different jobs and the work people do (aspirational – introducing alternative ideas) about how different strengths and interests are needed to do different jobs about different jobs and the work people do			To learn about different feelings (excited and ashamed) about different kinds of feelings how to recognise feelings in themselves and others how feelings can affect how people behave how to manage and whom to tell when finding things difficult, or when things go wrong		
To learn about our community Where are we from, what defines us, what is a community			To learn about different jobs and the work people do (aspirational – introducing alternative ideas) about how different strengths and interests are needed to do different jobs about different jobs and the work people do			To learn how to get help how to manage and whom to tell when finding things difficult, or when things go wrong		

Our Digital World		
To learn what the internet is Understand what the internet is		To learn the benefits of using the internet and digital devices the benefits of using the internet and digital devices whom to tell if they see something online that makes them feel unhappy, worried, or scared
To learn why people use the internet how and why people use the internet whom to tell if they see something online that makes them feel unhappy, worried, or scared		To learn how people communicate safely with others online how people find things out and communicate safely with others online whom to tell if they see something online that makes them feel unhappy, worried, or scared
To learn how people use the internet how and why people use the internet whom to tell if they see something online that makes them feel unhappy, worried, or scared		To learn basic rules for keeping safe online basic rules for keeping safe online whom to tell if they see something online that makes them feel unhappy, worried, or scared