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|  | **Knowledge** | **Skills** |
| **Health and Wellbeing** | **Healthy Lifestyles**  To know about things that keep our bodies healthy  **Growing and Changing**  To know about themselves physically and emotionally  To know names of the body parts for boys and girls  **Keeping Safe**  To know how to keep safe in the home – focus on household products  To know the rules for staying safe in a range of situations  To know about responsible adults  . | **Healthy Lifestyles**  Y1   * Understand the benefits of physical activity, sleep, rest, healthy food * Understand the importance of basic hygiene routines   Y2 as Y1 and   * Make healthy choices * Understand how feelings keep us healthy * Develop strategies to manage feelings   Y1   * Say what they are good at * Set simple goals * Say what it feels like to experience loss/change (moving home, pet, toys, friends)   Y2 as Y1 and   * Explain how they are becoming more independent as they are getting older * Use the correct names for the main body parts of boys and girls   Y1   * Recognise symbols that show household products are harmful * Recognise that medicines can be harmful if nit used correctly * Ask for help if they are worried about something.   Y2 as Y1 and   * Explain rules for keeping safe in familiar and unfamiliar situations (ICT use, road safety, cycle safety, water safety, fire safety, train/canal safety) * How they should ask for help * Explain privacy – how they have privacy rights and respecting others’ privacy rights |
| **Relationships** | **Feelings and emotions**  To know how to communicate feelings  **Healthy Relationships**  To know the importance of not keeping secrets  To know about special people in their lives  To know what physical contact is acceptable, comfortable, unacceptable and uncomfortable  Know how to react to teasing and bullying  **Valuing difference**  To know how to show respect towards people | Y1   * Recognise how other people are feeling * Share their feelings with others   Y2 as Y1 and   * Understand how their behaviour can make others feel * Understand that bodies and feelings can be hurt   Y1   * Recognise that secrets should not be kept * Recognise feeling uncomfortable, anxious and afraid * Identify who are the special people in their lives that they can talk to * Recognise that special people in their lives should care for them   Y2 as Y1 and   * Listen to others and play co-operatively * Recognise what is appropriate/inappropriate touch and how to respond to it * Recognise that hurtful teasing and bullying is wrong and what to do is it is happenening   Y1   * Share their views and opinions with others * Explain respect * Show respect towards others who are similar/different   Y2 as Y1 and   * Explain the importance of respect |
| **Living in the Wider World** | **Rights and Responsibilities**  To know how they can contribute towards the life of the classroom and school  To know how they are unique  **Environment**  To know how to care for the local environment  **Money**  To know about money and the role it plays in their lives | Y1   * Recall class/school rules * Explain why rules are important * Explain what unique means * Understand everyone is unique * Recognise the similarities and differences with others   Y2 as Y1 and   * Explain what groups and communities they belong to * Understand everyone has rights and everyone should work together to help protect those rights * How to call 999 in an emergency   Y1   * find out what harms our local, natural and built environments * explain strategies and skills needed to care for these environments (including conserving energy)   Y2 as Y1  Y1   * Explain where money comes from and what it is used for * Understand the concept of spending and saving and what influences those choices   Y2 as Y1 and   * Where to keep money safe |

10 lessons per topic