

Year 1



Pupils in Year 1 will learn about the following content as part of their relationships education, taught in accordance with the statutory guidance for RSE

Lesson Overview	Key Content
To understand how people's bodies and feelings can be hurt	<p>Children will:</p> <ul style="list-style-type: none"> • Describe occasions when they have hurt themselves physically (falling in the playground/spraining an ankle etc.) and how they felt at the time • Describe occasions when their feelings have been hurt and how this felt at the time • Recognise that both bodies and feelings can be hurt • Identify people they can go to if they are feeling uncomfortable or hurt – physically or emotionally • Explain how they can let these people know they are feeling uncomfortable or hurt • Suggest ways they can make themselves and others feel better
To understand about basic personal hygiene routines	<p>Children will:</p> <ul style="list-style-type: none"> • Describe how to use and dispose of tissues correctly • Describe how to wash their hands correctly • Describe how to take care of their teeth • Describe routines to take care of their bodies
To learn about growing from young to old	<p>Children will:</p> <ul style="list-style-type: none"> • Describe changes that have happened to them since they were a baby • Explain how their needs have changed • Explain how their needs will change as they grow older • Describe something they can do now that they could not do before
To learn about the difference between a secret and a surprise	<p>Children will:</p> <ul style="list-style-type: none"> • Explain what a secret is and what it means to keep a secret • Explain what a surprise is and what it means to surprise someone • Discuss when we should not keep secrets* • Identify who they can go to in school if they are worried about a surprise or a secret
To learn about appropriate and inappropriate touch	<p>Children will:</p> <ul style="list-style-type: none"> • Describe or demonstrate what is appropriate touch between friends/family/people we don't know • Explain what is inappropriate touch between friends/family/people we don't know • Explore how it feels when people we are not sure about come close to us
To identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense	<p>Children will:</p> <ul style="list-style-type: none"> • Mindmap as many different body parts as they can think of. • Identify where different body parts are on their bodies through instructions i.e. pat your stomach, nod your head etc. • Complete the interactive labelling activity as a whole class. • Discuss the main function for each body part. • Answer questions such as 'why is this body part so important?' 'What does this body part allow us to do?' • Complete a labelling activity in books.