



Term 1 – Health and Well-being	Term 2 – Understanding Relationships	Term 3 – The World Around Us
<p>MHM Meet your brain Express feelings and consider the feelings of others. Continue to use calm time to manage my feelings. Know and talk about the different factors that support their overall health and wellbeing: sensible amounts of screen time, having a good sleep routine, being a safe pedestrian. Understand that I need exercise to keep my body healthy. Understand how moving and resting are good for my body. Know which foods are healthy and not healthy so I can make healthy choices. Know how to help myself go to sleep and why sleep is good for me. Know why it is important to wash my hands before eating and after the toilet.</p>	<p>MHM Celebrate Begin to understand that being different makes us special. Begin to understand how it feels to belong and that we are similar and different. Form positive attachments to adults and friendships with peers Set own goals and show resilience and perseverance in the face of challenge through daily play and interactions. Express their feelings and consider the feelings of others To build constructive and respectful relationships. Begin to understand what is special to me e.g. family, friends, home, school, pets. Know who are my safe adults and how to stay safe if they are not close by.</p>	<p>MHM Appreciate Think about the perspectives of others. Identify some of the jobs I do in my family. Show resilience and perseverance in the face of challenge Explain the reasons for rules, know right from wrong and try to behave accordingly Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate Develop confidence to try new activities and show independence. Begin to understand what being responsible means.</p>
RSE Objectives	RSE Objectives	RSE Objectives
<p>To name parts of the body (including reproductive parts) using the correct vocabulary. To explain which parts of their body are kept private and safe and why.</p>	<p>As above</p>	<p>As above</p>



KS1 PSHE and RSE Scheme of Work

Vocabulary Feelings, calm, screen time, sleep, road safety, exercise, moving, resting, healthy, food, wash hands, penis, vagina	Vocabulary Different, special, adults, friendships, feelings, family, home, school, pets, safe	Vocabulary Jobs, family, rules, responsible
Term 1 - Health and Well-being	Term 2- Understanding Relationships	Term 3 – The World Around Us
<p>MHM Relate</p> <p>Begin to identify something that I am good at.</p> <p>Begin to see self as a valuable individual. Identify and moderate their own feelings socially and emotionally.</p> <p>To see themselves as a valuable individual.</p> <p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p>	<p>MHM Engage</p> <p>Begin to understand what being responsible means.</p> <p>Understand that we all grow from babies to adults.</p> <p>Being to understand the impact of unkind words.</p> <p>Begin to understand why it is good to be kind and have kind hands.</p> <p>Talk/communicate with others to solve conflicts</p> <p>Help to find solutions to conflicts and rivalries</p> <p>Work and play cooperatively taking turns with others</p> <p>Talk about members of their immediate family and community.</p> <p>Name and describe people who are familiar to them.</p>	<p>MHM Consolidation/Catch Up</p> <p>Express how I feel about moving classes. Develop confidence to try new activities and show independence.</p> <p>To understand how to be a safe pedestrian.</p> <p>To know about sun safety and how to keep safe in the sun.</p> <p>Further develop the skills they need to manage the school day successfully: - lining up and queuing - mealtimes</p> <p>Recognise that people have different beliefs and celebrate special times in different ways.</p>
RSE Objectives	RSE Objectives	RSE Objectives



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<p>To name parts of the body (including reproductive parts) using the correct vocabulary.</p> <p>To explain which parts of their body are kept private and safe and why.</p>	<p>As above</p>	<p>As above</p>
<p>Vocabulary</p> <p>Feelings, hygiene, getting dressed, toilet, sleep, penis, vagina</p>	<p>Vocabulary</p> <p>Responsible, baby, adult, kind, unkind, take turns, family,</p>	<p>Vocabulary</p> <p>Moving, class, road safety, sun safety, eating, celebrate, beliefs</p>