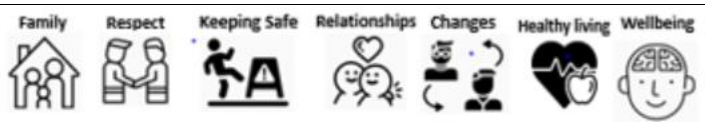
# Britannia RSHE
# Curriculum Overview
# Key Stage 1

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| **Autumn 1**<br>**Autumn 2**<br>**Spring 1**<br>**Spring 2**<br>**Summer 1**<br>**Summer 2** | <br>**KS1 (Years 1 and 2)**<br>**National curriculum** |
| **Families and people who care for me** | -that families are important for children growing up because they can give love, security and stability.<br><br>- that others' families sometimes look different from their family |
| **Caring friendships** | - how important friendships are in making us feel happy and secure, and how people choose and make friends.<br><br>- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships. |
| **Respectful, kind relationships** | -the different types of bullying (including online bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult), and how to get help.<br><br>-that they can expect to be treated with respect by others, and the importance of respecting others, including those who are different (for example, physically, in character, personality or backgrounds), or make different choices, or have different preferences or beliefs.<br><br>-how to communicate effectively and manage conflict with kindness and respect; how to be assertive and express needs and boundaries; how to manage feelings, including disappointment and frustration.<br><br>-the conventions of courtesy and manners<br><br>-that a stereotype is, how stereotypes can be unfair, negative, destructive or lead to bullying and how to challenge a stereotype<br><br>-how to seek help when needed, including when they are concerned about violence, harm, or when they are unsure who to trust |
| **Online safety and awareness**<br><br>COVERED IN COMPUTING LESSONS.<br><br>**Wellbeing online** | -that the internet contains a lot of content that can be inappropriate and upsetting for children, and where to go for advice and support when they feel worried or concerned about something they have seen or engaged with online.<br><br>-that for almost everyone the internet is an integral part of life. Pupils should be supported to think about positive and negative aspects of the internet.<br><br>-the benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. |
| **Being safe** | The concept of privacy and its implications for both children and adults; including that it is not always right to keep secrets if they relate to being safe.<br><br>That each person's body belongs to them, and the differences between appropriate and inappropriate contact.<br><br>How to respond safely and appropriately to adults they may encounter including those they do and do not know. |

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| **Personal safety** | Recognising who to trust and who not to trust.<br><br>About hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks.<br><br>How to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code. |
| **General Wellbeing** | -that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing and how to seek help for themselves or others.<br><br>-the range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations<br><br>-how to recognise feelings and use varied vocabulary to talk about their own and others' feelings.<br><br>-the importance of promoting general wellbeing and physical health. |
| **Physical health and fitness**<br><br>**Health protection and prevention**<br><br>**Healthy eating** | -the characteristics and mental and physical benefits of an active lifestyle<br><br>-The importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep. The impact of poor sleep on weight, mood and ability to learn.<br><br>About dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and regular checkups at the dentist.<br><br>-About personal hygiene and germs, how they are spread and the importance of handwashing.<br><br>-the principles of planning and preparing a range of healthy meals. |
| **Basic first aid** | - how to make a clear and efficient call to emergency services if necessary. |