Year 1

Area	Topic	Learning	Links to other subjects
Relationships	**Families and friendships** Roles of different people; families; feeling cared for	• 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 • what it means to be a family and how families are different, e.g. single parents, same-sex parents, foster parents, • about the importance of telling someone — and how to tell them — if they are worried about something in their family	
	Safe relationships Recognising privacy; staying safe; seeking permission	• about situations when someone's body or feelings might be hurt and whom to go to for help • about what it means to keep something private, including parts of the body that are private • 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 • when it is important to ask for permission to touch others • how to ask for and give/not give permission	
	Respecting ourselves and others How behaviour affects others; being polite and respectful	• what kind and unkind behaviour mean in and out school • how kind and unkind behaviour can make people feel • about what respect means • about class rules, being polite to others, sharing and taking turns	
Living in the wider world	**Belonging to a community** What rules are; caring for others' needs; looking after the environment	• about examples of rules in different situations, e.g. class rules, rules at home, rules outside • that different people have different needs • how we care for people, animals and other living things in different ways • how they can look after the environment, e.g. recycling	
	Media literacy and Digital resilience Using the internet and digital devices; communicating online	• how and why people use the internet • the benefits of using the internet and digital devices • how people find things out and communicate safely with others online	Computing- Esafety
	Money and Work Strengths and interests; jobs in the community	• that everyone has different strengths, in and out of school • 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	
Health and wellbeing	**Physical health and Mental wellbeing** Keeping healthy; food and exercise;	• what it means to be healthy and why it is important • ways to take care of themselves on a daily basis • about basic hygiene routines, e.g. hand washing	Science PE

		hygiene routines; sun safety	• about healthy and unhealthy foods, including sugar intake • about physical activity and how it keeps people healthy • about different types of play, including balancing indoor, outdoor and screen-based play • about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors • Keeping safe in the sun	
		Growing and changing Recognising what makes them unique and special; feelings; managing when things go wrong	• to recognise what makes them special and unique including their likes, dislikes and what they are good at • how to manage and whom to tell when finding things difficult, or when things go wrong • how they are the same and different to others • about different kinds of feelings • how to recognise feelings in themselves and others • how feelings can affect how people behave	
		Keeping safe How rules and age restrictions help us; keeping safe online	• how rules can help to keep us safe • why some things have age restrictions, e.g. TV and film, games, toys or play areas • basic rules for keeping safe online • whom to tell if they see something online that makes them feel unhappy, worried, or scared	Computing- Esafety

Defined end points:
Relationships: To confidently talk about different people in our families, and know how to stay safe at home and school
Living in the wider world: To understand the importance of rules in different situations including at school, at home and outside.
Health and wellbeing: To explain how and why it is important to keep our bodies and minds healthy.
Esafety: To know some key rules for keeping safe online