

# RSE & PSHE

## (mixed age Year 1 and 2)

### CYCLE A and CYCLE B

Small steps sequences are shown in each unit on Kapow for Cycle A and Cycle B (see below)

I can skills statements, assessments and differentiation between Y1 and Y2 activities for each unit can be found in the pdf with each lesson.

*Note: Due to the nature of the lessons and the discussions had within, the lessons may run on to the next half term, but all lessons should be completed within the year.*

	Families and relationships		Health and wellbeing	
	Cycle A	Cycle B	Cycle A	Cycle B
1	Introduction: Setting ground rules for RSE & PSHE lessons*	Introduction: Setting ground rules for RSE & PSHE lessons*	Understanding my feelings*	Understanding my feelings*
2	Family*	Family*	Relaxation - laughter and progressive muscle relaxation	Steps to success
3	Friendships*	Friendships*	What am I like?	Developing a growth mindset
4	Families are all different	Other people's feelings	Ready for bed?	Being active
5	Other people's feelings	Getting along with others*	Hand washing and personal hygiene	Relaxation: breathing exercises
6	Getting along with others*	Friendship problems*	Sun safety	Healthy diet
7	Friendship problems*	Gender stereotypes*	Allergies	Looking after our teeth
8	Gender stereotypes*	Change and loss	People who help us stay healthy	

	Safety and the changing body		Citizenship	
	Cycle A	Cycle B	Cycle A	Cycle B
1	Communicating with adults*	Communicating with adults*	Rules*	Rules*
2	People who help to keep us safe in our local community	Road safety*	Similar, yet different *	Similar, yet different *
3	Road safety*	Safety at home	Belonging	Caring for others: Animals
4	Safety with medicines*	Safety with medicines*	Job roles in the community	The needs of others
5	Making a call to the emergency services	What to do if I get lost	Our school environment	Democratic decisions
6	The difference between secrets and surprises	The internet	Our local environment	School council
7	Appropriate contact*	Appropriate contact*		Giving my opinion
8	My private parts are private*	My private parts are private*		

Economic Wellbeing		
	Cycle A	Cycle B
1	Money*	Money*
2	Needs and wants*	Needs and wants*
3	Looking after money	Saving and spending
4	Banks and building societies*	Banks and building societies*
5	Jobs*	Jobs*
Transition		
	Cycle A	Cycle B
1	Transition lesson*	Transition lesson*

Big Question: What is family?



Year 1 - Families and relationships

Behaviour	The way that somebody acts around other people.
Care	Looking after someone or something.
Emotions	The range of feelings that someone can have, such as happiness or anger.
Growth mindset	A unit of people joined together by blood, marriage, or other means including adoption.
Feelings	Emotions that a person can have.
Friend	Someone you like and enjoy spending time with.
Friendly	Being nice or kind to someone.
Problem	A difficult situation.
Stereotype	A view or an idea about something or someone which is often untrue.

Key facts

Families can be made up of different people.



Friends are people we like and want to spend time with.



Friends sometimes fall out but we can overcome problems.

We can help others when they are feeling sad.



Being friendly is important even if we are not friends with someone.

BOY GIRL

People can have stereotyped ideas about boys and girls.

We all experience different feelings and emotions.



Getting help

Talk to an adult you trust either at school or at home.

## Year 2 - Families and relationships

Emotions	The range of feelings that someone can have, such as happiness or anger.
Family	A unit of people joined together by blood, marriage, or other means including adoption or a close social bond.
Feelings	Emotions that a person can have.
Friendship	A special bond between yourself and a friend.
Love	Feelings of affection and care.
Manners	A way of behaving that shows respect for other people.
Respect	A way of thinking about someone or behaving towards someone, in a kind and thoughtful way.
Stereotype	A view or idea about something, often someone, which is often untrue.



Good memories can help us feel better if a person or pet dies or doesn't live with us anymore.



We can decide what job we want to do and being a boy or girl should not affect what we choose.

### Getting help

Talk to an adult you trust either at school or at home.

**Contact:** Childline  
[www.childline.org](http://www.childline.org) | 0800 1111  
 Calls DO NOT show on the phone bill

## Key facts



Families support and care for each other.



Other people's families might be different to yours, but that is OK.

We can sometimes see how people are feeling by their body language, such as smiling.



If a friendship makes us unhappy, we need to talk to someone or find a new friend.



Big Question: How important is it to have a happy and healthy lifestyle?



**Year 1 - Health and wellbeing**

Allergy	A strong reaction to something which does not affect most people.
Emotions	The range of feelings that someone can have, such as happiness or anger.
Feelings	Emotions that a person can feel.
Germ	A very small living thing which can make us ill.
Ill	Not feeling well because of an illness or disease.
Qualities	The personality traits that make someone who they are.
Relax	To rest or take a break.

**Key facts**

Some emotions we can feel are happiness, sadness, anger and worry.

Different situations make us feel different emotions.



We are all good at different things.

Some people can be allergic to some foods.



Some people have jobs which help us to keep healthy, for example: doctors, nurses and dentists.

**Health tips**



Washing our hands gets rid of germs which can make us ill. We should wash our hands regularly.



The sun can be good for us but we need to take care to look after our skin. In the sun, remember the 5 S's: Slip, Slop, Slap, Shade, Sunglasses.

**Getting help**

If you are worried about anything, talk to an adult you trust at home or at school.



Get the right amount of sleep every night to keep healthy and well.



Use relaxation techniques such as muscle relaxation and laughter.

## Year 2 - Health and wellbeing

Diet	The food that we eat.
Emotions	The range of feelings that someone can have, such as happiness or anger.
Exercise	Movement of the body for our health and fitness.
Goal	Something you want to achieve.
Growth mindset	Believing that we can achieve things if we work hard. 'I can't do it YET!'
Healthy	Being well, both physically and mentally.
Physical activity	Something that requires someone to move their body.
Relaxation	Doing calming activities such as having a bath or reading a book.
Skill	The ability to do something well.
Strengths	The things we are good at.

## Key facts



We can have more than one feeling at the same time.

How we are feeling can affect our bodies inside and out.



Physical activity helps to keep our body and mind healthy.



Relaxation helps our bodies but also helps us deal with difficult situations.

## Health tips



Breathing exercises can help us to relax.



Only eat foods which are high in fat, sugar and salt occasionally.



Brush your teeth at least twice a day to keep them healthy.

We can practise and set goals to get better at something.



We sometimes need to keep trying to achieve a goal.



We need to eat a variety of foods to be healthy.



Some foods are bad for our teeth.

## Getting help

If you are worried about anything, talk to an adult you trust at home or at school.



Big Question: How do we know we can trust someone?



Year 1 - Safety and the changing body

Emergency	When someone is badly hurt or very ill.
Medicine	Something you take to make you better if you are ill.

Hazards

Dangerous things that should be avoided if possible.



Key concepts

In an emergency the police, fire service or ambulance can help.



Getting help



In an emergency, dial 999 and ask for the emergency service you need.

Safety tips



When you are out, stay close to the adult you are with.

If you get lost, look for an adult you trust, such as someone who works in a local shop or a police officer.



Different people like different physical contact. If someone touches you in a way you do not like, you can say no.

Some people have jobs which help to keep us safe, such as school crossing patrol and the police.



We should only take medicines that an adult we trust gives us.



Strangers are people we do not know.

## Year 2 - Safety and the changing body

### Medicine

Something you take to make you better if you are ill.



We must only take medicine if we have been given it by an adult we trust.

### Pedestrian

A person who is travelling by walking.






We need to take care when we are near roads and we should find safe places to cross.

Private	Something personal or secret.
Secret	Something which nobody is meant to see or know about.
Surprise	Something nice that people might not know about straight away.

### Safety tips

If someone is unkind to you online, talk to an adult you trust.

When we cross the road we need to remember to:

Stop , Look  and Listen .

The private parts of our bodies are those which are covered by our underwear.

Our bodies belong to us and no one should touch us without our permission.

## Key concepts

The internet helps us in lots of ways, such as keeping in touch with people and finding out information.



We need to be careful what we share with people online.

Remember the **PANTS** rule:

- P** - Privates are private.
- A** - Always remember your body belongs to you.
- N** - No means no.
- T** - Talk about secrets that upset you.
- S** - Speak up - someone can help.

### Getting help



If you are unhappy or worried about anything, speak to an adult you trust either at home or at school.

Big Question: What does it mean to be an active member of the community?

## Year 1 - Citizenship

Care	Looking after someone or something.
Democracy	A system of government where everyone can vote for who they want to represent them.
Different	Something that is not the same as something else.
Fair	Treating everyone equally.
Pet	An animal that we look after and care for in our homes.
Responsibility	Being in charge of our own actions.
Rule	Something that tells us what is allowed or not allowed.
Similar	Something that is nearly the same as another thing.
Unique	Something original and unlike anything else.
Vote	A choice for a person or thing.

## Key facts

Kapow  
Primary

Rules in school help to keep us safe and to learn

# RULES

- 1 Listen to the teacher
- 2 Be kind to others
- 3

We are all unique but we have some things which are similar to other people



Babies and younger children have different needs. We can help to look after them.

Different pets need different things. If we have a pet we have a responsibility to look after them.



Voting for something is a fair way for a group of people to make a decision.

## Year 2 - Citizenship

Election	An event where people vote.
Environment	The local surroundings or place a person lives or works in.
Identity	Who someone is and how they define themselves.
Job	Paid work carried out on a regular basis.
Opinion	What a person thinks about something.
Responsibility	Being in charge of our own actions.
Rule	Something that tells us what is allowed or not allowed.
School Council	A group of children who help make school better.
Volunteer	A person who offers to help out with tasks or activities without getting paid.
Vote	A choice for a person or thing.

## Key facts

There are different rules in different places



Rules are there for a good reason, for example to keep people safe, to help people get on with each other or to keep places clean and tidy

We can all help to take care of our class and school environment



Some people do jobs which help to keep our environment healthy

There are lots of different jobs in our local community



There are people in the local community who are similar to me and people who are different

The School Council is there to share ideas on ways to make the school a better place for everyone



We can all share our opinions and should respect other people's opinions

Big Question: Do we need a lot of money to be happy and healthy?

**Year 1 - Economic Wellbeing**

Banks and building societies	Look after your money and can lend you money that you have to pay back.
Cash	Physical money such as notes or coins.
Earn	To get money for doing something, such as a job .
Save	Keeping money for something special or for the future.
Skill	The ability to do something well.
Spend	Buying something with money.
Value	How much a coin or note is worth..

**Key facts**

We can get money in different ways, such as earning it or being given it.



There are different ways to keep cash safe, such as in a purse, wallet, money box or in the bank.



If we find money we should try and return it to the person who owns it.



There are lots of different jobs in school. People need different skills to do these different jobs.

## Year 2 - Economic Wellbeing

Banks and building societies	Look after your money and can lend you money that you have to pay back.
Cash	Physical money such as notes or coins.
Coins	Official disk of metal used as money.
Earn	To get money for doing something, such as a job.
Need	Something that we need to survive.
Spend	Buying something with money.
Notes	Official printed paper which is used as money.
Priority	Something that should come before anything else.
Save	Keeping money for something special or for the future.
Want	Something we would like to have.

## Key facts

Adults get money in different ways such as working, benefits or as a gift.

We all have vital basic needs, such as food, clothes and somewhere to live.



Our interests can help us to decide what job we want to do.



People earn different amounts of money depending on their job. Money can be a reason why people choose a particular job.

Sometimes we need to save money to be able to buy things we want.



**Big Question:** How do I know when I'm ready to make the next step in my life?

**Y1/2 Lesson 1 (Cycle A): Transition lesson**

A lesson for Year 1 and 2 pupils to help them with their transition into Year 2 and 3, and the changes that may come with this move.

**Learning Objective**

To understand that change can cause mixed feelings